

# Family Dinner Week



## The Family that Eats Together...

- **Improves Eating Habits**  
Kids who eat family dinners display healthier eating habits.
- **Stays Connected**  
Open up, and spend time listening to what is going on in each others lives.
- **Helps Kids Have Safer Teenage Years**  
Teens who eat dinner with their families 5-7 days per week are less likely to use drugs or alcohol.

## Are You In?



**Date:**  
**February 14th—20th**

**Where:**  
**Your House!**

Share your Family  
Dinner Selfie with us for a  
chance to win a prize!

**#AreYouIn**

### Conversation Starters

- Do you know how your parents met?
- Do you know the jobs your parents had when they were young?
- What was your high and low point of the day?

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pages!**

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