



Family Meals are Important

Children who share mealtimes with their families are less likely to engage in disordered eating, more likely to eat healthier foods and less likely to be overweight

Teenagers who don't eat dinner frequently with their family are:

- Twice as likely to use tobacco
- Almost twice as likely to use alcohol
- More likely to use marijuana

The same is true with grades in school:

- Teenagers who have five to seven family dinners per week are more likely to get A's and B's in school.
- Teenagers who have fewer than three family dinners per week are twice as likely to report receiving mostly C's and lower grades in school.

