

Families eat better together!

Family meals are a time for strengthening family ties and keeping track of your children's lives. They also can lead to better health for the entire family!



Support for Alaska families in making nutrition decisions for lifelong health and well-being.



For more information:

www.fns.usda.gov/wic/Breastfeeding/breastfeedingmainpage.htm
www.eatsmart.org
www.casafamilyday.org

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Family Meals & Breastfeeding ...

so good for me!

Supported by the following Alaska WIC Grantees:

- ASYMCA Military
- Alaska Family Services—Kenai Peninsula
- Alaska Family Services—Matanuska Valley
- Aleutian / Probilof Islands Association
- Bristol Bay Area Health Corporation
- Cook Inlet Tribal Council
- Kodiak Area Native Association
- Maniilaq Association
- Metlakatla Indian Community
- Municipality of Anchorage
- Native Village of Eyak
- North Slope Borough
- Norton Sound Regional Health Corporation
- Providence Hospital
- Resource Center for Parents and Children
- SouthEast Regional Health Consortium
- Tanana Chiefs Conference
- Yukon Kuskokwim Health Corporation



USDA is an equal opportunity provider

EVON ZERBETZ

Family meals are fun!

Breastfeeding is the best first family meal.

- Feed your baby only breastmilk the first 6 months.
- Breastfeed as long as you and baby want.

Start little ones at the table early.

- Children as young as 6 months can sit in a highchair during meal time.
- Young children and infants over six months can eat small bites of soft foods from the family table.

Cook meals quickly and eat slowly.

- Parents decide what foods to serve and children decide how much to eat.
- Older children can help prepare meals.
- Children are more likely to eat if they help cook.

Have family meals with your children.

- Children of all ages eat better when adults eat with them.
- Mom & Dad and other adults are role models for healthy eating.

Talk to each other at the table.

- Share the best part of the day, what is going on or family stories.
- Save serious talk for another time.
- Turn off the TV during meals.



Enjoying Family Meals

Family meals are important and teach your child healthy eating. Lifelong memories are made around the family table. When you try new foods, your child may be more adventurous with food. Be a good role model!

Goal: _____

