


Food, Fun, and Conversation

1 2 3 4 weeks to better family dinners

Food, Fun and Conversation: 4 weeks to better family dinners works best when you measure your own progress. Your family can check or update at any time, and by the end of the 4 weeks, you will be able to see where you succeeded and where you can work a bit more.

Just mark your progress! 



Food

Plan meals in advance

Have fun preparing food together

Eat nutritious meals

Try new foods

Fun

Create a fun, inviting atmosphere

Reduce distractions

Tell funny stories and laugh together

Play games at the table

Conversation

Learn about each other's day

Make sure everyone has a voice at the table

Talk about things that matter

Talk about the kind of people we want to be

Discuss the news, movies or books