

Food, Fun & 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!



Never



Seldom



Sometimes



Often



Experts!

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

FOOD	Week 1	Week 2	Week 3	Week 4
Plan meals in advance				
Have fun preparing food together				
Eat nutritious meals				
Try new foods				
FUN	Week 1	Week 2	Week 3	Week 4
Create a fun, inviting atmosphere				
Reduce distractions				
Tell funny stories and laugh together				
Play games at the table				
CONVERSATION	Week 1	Week 2	Week 3	Week 4
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				