

Prologue: Mealtime is Family Time

Cook together.
Eat together.
Talk together.

Make mealtime
family time.

Overview

Parents view a short program about family mealtime and complete a survey. They receive a handout about feeding their preschooler.



Goal

Parents will recognize the importance of providing structured family mealtime.

Objective

After viewing "Mealtime is Family Time," parents will complete a survey describing the steps they will take to have successful family mealtime.

NEEDs for Tots is a curriculum for preschoolers and parents about eating and shared family mealtime.

- Based on the Division of Responsibility in Feeding.
- Supported by the FNS/USDA Core Nutrition Messages.

Includes:

- 6 lessons with activities
- 4 children's books
- take-home child-parent activities
- parent handouts and reinforcements
- supplies for food-tasting
- digital photo frame loaded with *Mealtime is Family Time*



Learn more at: NeedsForTots.needscenter.org



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