## Prologue: Mealtime is Family Time

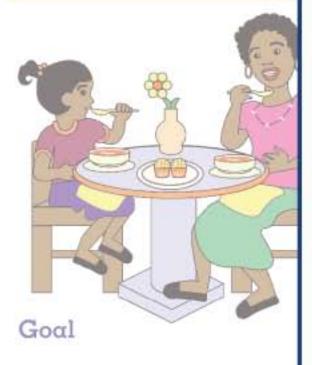


Cook together. Eat together. Talk together.

Make mealtime family time.



Parents view a short program about family mealtime and complete a survey. They receive a handout about feeding their page 1



Parents will recognize the imporproviding structured family me

## Objective

After viewing "Mealtime is Famil will complete a survey describing take to have successful family me



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



Funded by the PA Department of Public Welfare (DPW) through the PENNSYLVANIA NUTRITION EDUCATION TRACKS, as part of USDA's Supplemental Nutrition Assistance Program (SNAP).



