

# FAMILY MEALS FOSTER EMOTIONAL BALANCE

Frequent family meals increase self-esteem, a sense of wellbeing, positive social behaviors and stronger family relationships.

FAMILY  
CONNECTION  
INCREASE



Journal of Pediatrics and Child Health — Nov. 2013

\*Percentages calculated using Never/1-to-2 Times a Week as the baseline.



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# FAMILY MEALS MAKE THE GRADE

Kids—from elementary to high-school age—who eat meals with their families four times a week or more **earn better test scores and succeed in school.**

**5+** family dinners per week

**20%**  
A GRADES

**12%**  
A GRADES

**2** family dinners per week

National Center on Addiction and Substance Abuse at Columbia

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# FAMILY MEALS FUEL BETTER NUTRITION



**24%**  
**INCREASE**  
in healthy food  
consumption

**The more meals families share, the better they eat, literally—consuming more healthy items like fruits, vegetables, fiber, calcium-rich foods, and vitamins.** Pediatrics 2011

**3+**  
**MEALS**  
**PER WEEK**



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# MAKING FAMILY MEALS HAPPEN IS EASIER THAN YOU THINK

Supermarkets offer shopper solutions to combat barriers—time, talent, ideas—that challenge the goal of having one more family meal per week.



85% of stores offer cooking demonstrations.



91% of retailers are offering fresh prepared foods.



100% offer recipes



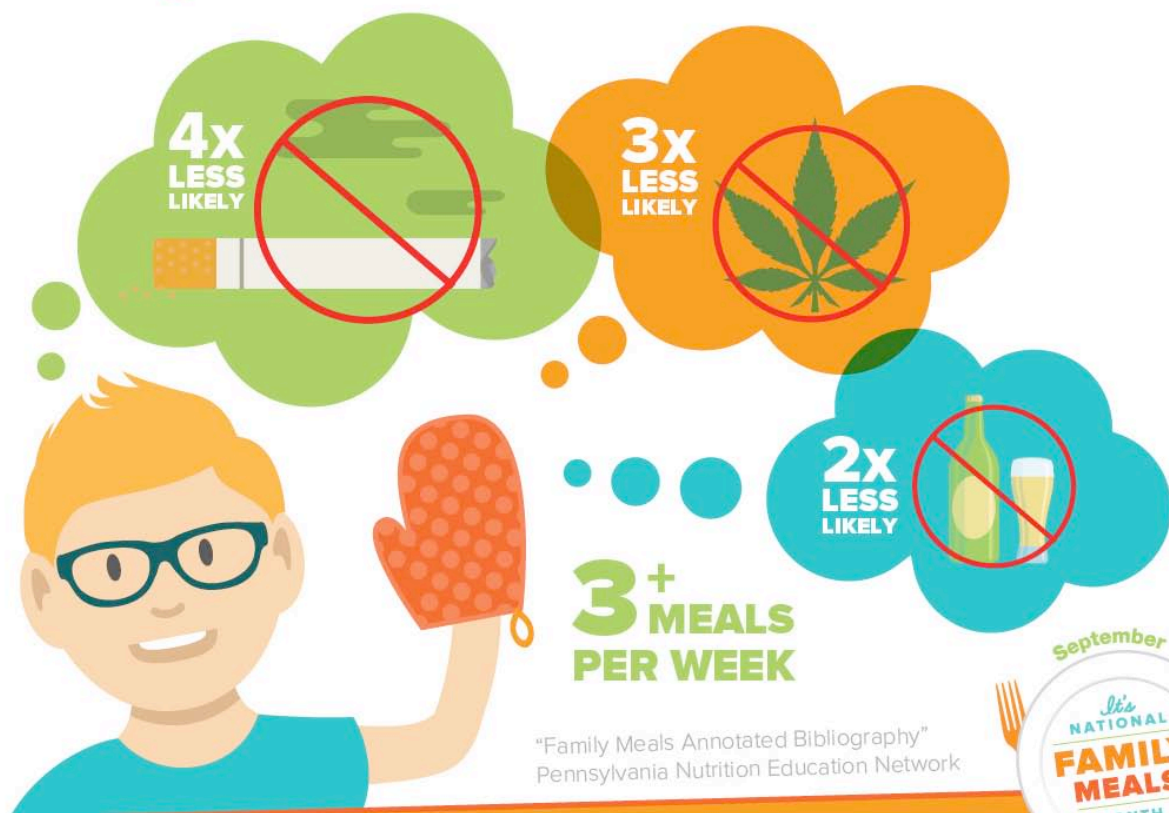
2016 U.S. Food Retailing Industry Speaks Report  
FMI 2017 Health & Wellness Report



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# FAMILY MEALS FEND OFF RISKY BEHAVIORS

The more families share meals, **the less likely** their kids are to drink alcohol, smoke or use marijuana.



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