

# Strive for 5 Take the Family Mealtime Challenge



November 1-7, 2009

## What's the Challenge All About?

It's a University of Illinois Extension effort to encourage families to eat together.

Research shows some very real benefits to eating family meals at home.

## 10 Good Reasons to Eat Together

- Kids do better in school.
- Teens are less apt to use alcohol or drugs.
- Kids have fewer behavior problems.
- Family communication improves.
- Kids like having time to talk to the adults in their lives.
- Kids understand their family's values.
- Traditions are created around meals.
- Meals are more healthful.
- Food dollars are better spent.
- Time is better used because the family only cooks one meal.

## Favorite Family Mealtime Memory

University of Illinois Extension is promoting and encouraging families to participate in the Strive for 5/Family Mealtime Challenge. Please submit a letter sharing a favorite mealtime memory and recipe of either a past or present tradition that includes the entire family. Information packets can be picked up at the Extension Office, SIMS Office or Industry Elementary. Registration form and letter must be returned to the Extension Office by November 13. One winner selected from the returned mealtime memory will be awarded with a Grocery gift package (value \$100) during Family Game Night on November 19 at the Extension Office.

## Contact person:

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