

Facts Page

Let these mealtime facts enhance your lesson.

Most American adults think eating dinner together is important. Yet, only 43% of American families eat dinner together every night, according to the National Pork Producers Council. Quick recipes and shared tasks can help even busy families enjoy meals together on a more regular basis.

When family dinners get lost in the daily grind, so does nutrition. Families who sit down to dinner together consume more fruits and veggies and less soda and high-fat foods than when dinner is a solo, on-the-run event. Children left to fend for themselves tend to choose what tastes best rather than what's best for them.

Benefits go beyond nutrition when a family eats together. Experts say that if families would gather around the dinner table more often, the benefits to children include improved academic performance and higher self-esteem.

Why eat together? These four reasons are listed by the Oregon Dairy Council⁽¹⁾.

- Nutrition
- Family tradition
- Communication
- Cooking skills



Related websites:

- Oregon Dairy Council.
www.oregondairycouncil.org/
Available resources include:

Mealtime: Keep It Simple, Keep It Fun, Just Keep It!⁽¹⁾

Interactive meal planning guide is designed to get families back to the table. Includes four quick recipes, and is available in Spanish.

Mealtime Game—can be used with family or as a group activity.

Making Meals Matter: A Guide for Busy Parents

Includes tips for happy mealtimes, snacks and shopping, with info about common nutrition concerns and questions.

- Meals For You: www.mealsforyou.com
- National Pork Board: www.pork4kids.com



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Book in a Bag—We Eat Dinner in the Bathtub