

Family dinner is good for you!

It's an opportunity to spend quality time together.

Studies have shown that children who eat with their families often...

- perform better in school;
- eat a more balanced diet.

Also, when they grow up, they are less likely to experience...

- problems with their weight, drugs, or alcohol;
- depression;
- eating disorders (anorexia, bulimia).

Eat together as often as possible!



For more information

Internet

Portrait of Sherbrooke youth in terms of eating habits and physical activity/sports
www.alliancesherbrookoise.ca

Visit :

www.soscuisine.com

Books

À table en famille. Recettes et stratégies pour relever le défi, de Marie Breton et Isabelle Émond, chez Flammarion (approximately \$ 27)

The Alliance sherbrookoise pour des jeunes en santé consists of the Ville de Sherbrooke, the CIUSSS de l'Estrie – CHUS, the Commission scolaire de la Région-de-Sherbrooke, the Regroupement des centres de la petite enfance des Cantons-de-l'Est, Sherbrooke Ville en Santé, and several community organizations. This strategic partnership focuses on improving the health of Sherbrooke youth ages 17 and under, through concerted initiatives for healthy eating habits, physical activity, and sports. Québec en Forme is pleased to guide and support the Alliance sherbrookoise pour des jeunes en santé.

For more information, visit alliancesherbrookoise.ca

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Family dinner, i'm in!





Have you eaten with your family this week?

A tradition to maintain

As a parent, you can :

- gather the whole family around the table to eat together;
- ensure that this habit is maintained in the long term.



Did you know that, in Sherbrooke...

- ... 90 % of elementary school children have family diner often?
- ... this habit is gradually lost as children grow up?
- ... only 40 % of youth age 17 have family diner often ?



Eliminate distraction!

- Limit noise : lower the volume of music.
- Turn off televisions, computers, and cell phones.

Fuel the conversation too!

- Talk about pleasant topics.
- Postpone talking about delicate topics.
- Ask your child to tell you about their day, and tell them about yours.

Do something out of the ordinary every once in a while!

- Why not have a nice table setting? A special tablecloth, flowers, or candles?
- Choose a theme for the occasion : Mexican, Mediterranean, Chinese, etc.



**Too pressed for time?
To busy?**

Bit by bit, your daily routine can change!



- Avoid scheduling meetings and activities at dinnertime.
- Wait for everyone to be there before eating. Give your child a snack if necessary.
- Gather the whole family at the table for at least 20 minutes.
- Choose simple recipes and cook ahead of time, if possible.
- Involve your child : set the table, prepare a salad, etc.