

# Family Meals

## A Recipe For Success!



Did you know eating together:

- *can be a simple step towards healthier eating.*
- *has many benefits which go beyond healthy eating.*

To learn more about the benefits of family meals and how to make family meals come alive in your home watch the videos at:

[healthunit.com/parenting-videos-family-meals](http://healthunit.com/parenting-videos-family-meals)

