

Creating healthy meal times

Creating a healthy meal environment at home can set everyone up for good eating habits. It's a great way to bring some fun, calm and connection to family meal time.



Your turn..



How do your children get involved in making or serving dinner?

List some new foods your children refused at first but now love. How did you help them get there?

Share something you do around meal times to help them be more enjoyable.

What are some creative ways you have added vegies into your children's meals?

