

A weekly resource  
for *your* well-being

PARTNERS  
FOR HEALTH

WORKING FOR A  
HEALTHIER TN

# A TIP FOR TENNESSEANS

September 6, 2016

## Pull up a chair.

It seems that *what's* on your table and *who* is at the table matter to your child's health. That is because when families eat together, children eat more fruits and vegetables and less junk food. It is one key way to help them reach and [stay at a healthy weight](#). And that can help them avoid adult-sized health problems like high blood pressure, type 2 diabetes and heart disease.

These tips can help busy families eat well and enjoy bonding together around the dinner table:

- **Schedule it.** Set aside time on a weekly calendar when your family will eat together.
- **Plan ahead.** Prepare healthy soups, casseroles and other meals that can be frozen and used when needed.
- **Get kids involved.** Let your kids help decide the menu and prepare meals with you. Encourage them to help with clean up, too.
- **Unplug.** Make the dinner table a phone- and tablet-free zone so you can stay focused on each other and eat mindfully.
- **Be weekend ready.** To avoid ordering expensive and less-than-healthy take out, make sure to have a [healthy meal and snack plan](#) for weekends.



### USE YOUR RESOURCES.

Sign in to [your Well-Being Account](#) today and search for meal plans and recipes the whole family can enjoy.



### QUICK LINKS

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**1.888.741.3390**



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