Sample Fact Sheet

**Fact Sheet**

[Your community]

*Eat Together, Eat Better* for a better future

• Families eat more nutritiously and a greater variety of foods when they eat together.

• Families and health professionals cite better communication as the most frequent benefit to eating together.

• Students do better in school when they eat with their families. In a survey of high school seniors, students who regularly ate dinner with their families at least four times a week scored better than those who did not.

• Students have fewer behavioral problems when they eat meals with their families. Students ages 12 to 18 showed better adjustment when they ate meals five times a week than those students who ate meals three or fewer times a week.

• Most families usually eat dinner together about 3-5 times a week.

• The biggest barriers to eating together are busy schedules like work and evening activities. It takes creativity to balance busy schedules.

• On-the-average, families devote about an hour to the evening meal---35 minutes are spent preparing it and 30 minutes eating.

• The food a family chooses to eat at mealtimes is influenced by children in most households and whoever is preparing the meal tries to make meals that appeal to both children and adults.

• The theme for this campaign is *Eat Together, Eat Better* to emphasize how important it is for families to share time and activities around food.

• Activities are designed to teach our students and community that nutrition is the link between eating together and good health.

• The activities include [list activities].

• The activities will take place [give location, date and time].

• Participants include [list other participants].