



## Conversation Starters

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Eating together is a great way to connect and socialize. If your family is looking for topics to start a conversation at the table, check one of these links for some great conversation starters.

### Family Mealtime Conversation Cards

This set of forty cards comes in a 5 inch x 7 inch plastic zipperlock bag. Each card provides a conversation starter in both English and Spanish for families to use at mealtime, in the car, or on other occasions.

<https://www.extension.iastate.edu/store/ItemDetail.aspx?ProductID=6605&SeriesCode=&CategoryID=42&Keyword=>  
Iowa State University

### Family Mealtimes Conversation Starters

These are simple, friendly conversation starters cards developed for three age groups: toddlers, school-age children and adolescents.

<http://www.beefitswhatsfordinner.com/familymealtimes.aspx>

Cattlemen's Beef Board and National Cattlemen's Beef Association, USA

### Mealtime Conversation Cards

This is a free downloadable set of mealtime conversation cards to help energize family conversation at mealtime.

[http://www.makemealtimefamilytime.com/free\\_mealtime\\_conversation\\_cards.pdf](http://www.makemealtimefamilytime.com/free_mealtime_conversation_cards.pdf)  
Make Mealtime Family Time™

### Screen Free Tips and Conversation Starters Cards

These tools are listed under the April 2007 newsletter issue of Eating Together, Playing Together from the Eat Right Montana Coalition and are designed to help increase quality family mealtime by reducing screen time and providing mealtime conversation ideas.

<http://www.eatrightmontana.org/eatrighthealthyfamilies.htm>  
Eat Right Montana, April 2007

### Tasty Talk: 40 Mealtime Conversation Starters

This attractive 4" by 5" set of cards provides ideas for conversation and simple games to get children thinking, talking, reflecting, and sharing on a variety of subjects while enjoying a snack or meal.

<http://secure.highscope.org/productcart/pc/viewPrd.asp?idproduct=910>  
Beth Marshall