



Handouts

Eat Together, Eat At Home

This one-page handout addresses the benefits of family mealtimes.

http://www.bcma.org/files/Eat_Together.pdf

BC Medical Association

Regular, Balanced Meals and Snacks

This four-page handout addresses the benefits of eating regular, balanced meals and snacks. It includes fast and healthy breakfast and snack ideas, and tips for family meals.

http://www.bcma.org/files/Meals_and_Snacks.pdf

BC Medical Association

Sharing Family Meals

This two-page handout lists the benefits of eating meals as a family and provides tips for getting the family back at the table. It includes an interactive tool to help set a family mealtime goal.

<http://www.extension.iastate.edu/publications/N3407A.pdf>

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