



## Newsletters

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### **Family Meals Focus E-Newsletter**

Several issues of this newsletter provide guidance to families on how to have positive experiences at the dinner table. Note especially in the Archived newsletters the following issues: Focus #4: Family Meals Are Essential, Focus #5: Helping Family Get Back to the Table, and Focus #8: Answering Parents and Professionals Questions about Meals: Family-style meals.

<http://www.ellynsatter.com/newsletters.jsp>

Ellyn Satter, Registered Dietitian, 2005-2006

### **Family Newsletter**

This newsletter series provides tips for enjoyable meals and introduces families to mindful eating.

<http://www.tcme.org/familyNewsletter.htm>

The Center for Mindful Eating, 2006

### **Health Matters—Eat Better Together**

This newsletter issue discusses the benefits to both children and adults when families eat together, provides tips for great family mealtimes and ideas for kid-approved quick and easy meals.

[http://www.interiorhealth.ca/uploadedFiles/Information/News/Newsletters/Health\\_Matters/Vol6\\_Issue3\\_March2007.pdf](http://www.interiorhealth.ca/uploadedFiles/Information/News/Newsletters/Health_Matters/Vol6_Issue3_March2007.pdf)

Jill Rhynard, Interior Health, BC, March 2007