



# Good food FOR FAMILY

When families cook and eat together, it's more than just a meal – it's a time to yarn, share stories, and pass down knowledge.

What's your family food story?

Sharing meals helps everyone slow down and enjoy their food. When we connect with family and share healthy food it helps us stay strong in body, mind, and spirit.

Screen free meal times are great for connection.

**Getting kids involved in cooking** helps them learn about food, try new things and build skills for a healthy future.