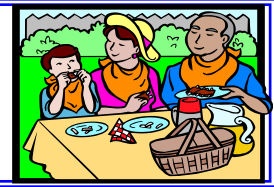


Month 3, Week 1

## Together we Eat Monthly Newsletter



Welcome to the final month of **Randolph Fit and Healthy** wellness plan. This month we will emphasize family meal time.

**"Together We Eat"** is a week long challenge encouraging families to eat at least one meal a day together for five or more days a week and to track those meals on a log sheet.

The week long **"Together We Eat"** program will guide you with many ideas to plan family mealtimes together and have productive conversations at family mealtimes.

So lets get started and have some fun!



**"Together We Eat"** program includes the following:

- Benefits of family mealtimes
- Goals and objectives of **"Together we Eat"**
- Tips to plan healthy mealtimes together
- Activity ideas of productive mealtime conversation
- Activity log-in sheet
- Weekly Meal Planner
- Cooking with Kids, recipe cards
- Shopping list
- Resource list

**Don't forget to turn in the log-in sheet after you complete the activity!**

Remember! submission of the activity log-in sheet, after the completion of activity, will automatically enter you into the monthly drawing. The participants who turn in their activity log sheet for the prescribed week and an extra week (repeating the activity), will be eligible for the grand prize this month.

After you submit the log in sheet, please take a few minutes and visit

<http://www.surveymonkey.com/s/8QPNHJX> to fill out a brief survey.