

CREATE

FAMILY MEALTIME

Try to cross off five in a row over the month!
 Family Mealtime Bingo Challenge

Turn off all electronics in the house before a family meal	Make a salad	Help make a two week menu	Have breakfast with the whole family	Put family mealtime on the calendar
Try a vegetable you have never had before	Make a list of 20 favorite meals to eat together as a family	Make dinner together as a family	Cook something in a muffin tin	Set the table for the whole family
Have breakfast for dinner	Use a crockpot	Free Space! 	Learn how to use a new kitchen tool with parent	Write an invitation to dinner for each member of the family
Put together a fruit salad	Plan a theme night for a family meal	Have lunch with the whole family	Try a fruit that you have never had before	Cook from a recipe
Make personalized pizzas with the whole family	At the table, tell each family member your favorite thing about them.	Make a meal with foods that all start with the same letter.	Have dinner for breakfast	Come up with a game that can be played at the table