



Family Mealtime Challenge Information Sheet



NDSU EXTENSION
SERVICE

Goal of the Family Mealtime Challenge:

To encourage families to eat with all members of their immediate family present five times per week for a month (four weeks).

Shared meals/snacks can be at any time of day (breakfast, snacks, dinner, dessert) and any place (home, picnic, restaurant, etc.) and should bring families together for at least 20 minutes.

Directions

- Provide a copy of the “Family Mealtime Challenge Tracking Form” to each participating student (or in a club setting, to each family).
- Decide on the month that you will take the family mealtime challenge. Record the information as indicated.
- Contact your local Extension Service office for Family Mealtime recipe sets (one set per family, while supplies last).
- For more information about family mealtimes, including recipes, visit www.ndsu.edu/eatsmart. Your local Extension Service office has more information, including lesson plans/PowerPoints, about family mealtimes, too.
- Classrooms that participate should send all of their information in one packet. Be sure to print neatly.
- Return completed forms to:
Attn: Julie Garden-Robinson/ Family Mealtime Challenge
North Dakota State University Extension Service
Health, Nutrition, and Exercise Sciences – EML
Dept 7270 P.O. Box 6050
Fargo, ND 58108-6050
- Participating children will receive a special “Eat Smart. Play Hard.” incentive item (while supplies last) and a certificate.
- Questions? Contact Julie Garden-Robinson (Julie.garden-robinson@ndsu.edu) or contact your local Extension Service office.