

OVERWEIGHT AND OBESITY GUIDELINE
EAT TOGETHER POSTER

EAT TOGETHER!

DEPARTMENT OF DEFENSE
UNITED STATES OF AMERICA

DEPARTMENT OF VETERANS AFFAIRS
UNITED STATES OF AMERICA

Families That EAT TOGETHER Achieve Together...

RECENT STUDIES SHOW GREAT BENEFITS
FOR YOUNG PEOPLE THAT SHARE
FAMILY MEALS TOGETHER:

- HIGHER ACADEMIC ACHIEVEMENT
- HIGHER SELF ESTEEM
- LOWER RISK OF SUBSTANCE ABUSE AND DEPRESSION
- AND MANY MORE....

NUTRITION CARE

FAMILY MEALS MATTER!

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