



EAP Wellness Letter

October 2021

Eat Better, Eat Together

If your family has been feeling rushed lately, with little to no contact sometimes due to outside demands, you might want to consider taking part in Eat Better, Eat Together Month this October.

Experts say that spending time together as a family at mealtime nurtures a sense of belonging, which leads to greater self-esteem and self-confidence. This happens through family conversation, sharing day-to-day struggles, and supporting each other. Eating with friends is also fruitful. You know that saying, "Friends are the family you choose."

The Family Dinner Project lists these benefits of family dinners on their website (thefamilydinnerproject.org):

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity
- Better cardiovascular health in teens
- Bigger vocabulary in preschoolers
- Healthier eating patterns in young adults

Benefits for adults include:

- Better nutrition with more fruits and vegetables and less fast food
- Less dieting
- Increased self-esteem
- Lower risk of depression

Make a commitment to having a regular sit-down meal and conversation with your family and/or friends. Add some healthy dishes (we've got options in the Friday Facts) and there you go; you're celebrating Eat Better, Eat Together. Easy as pie. (Speaking of which, pumpkin pie is lower in calories than apple or pecan. Skip the top crust or use a graham cracker crumb crust to save calories, fat, and sugar. Split a slice with a friend to save even more calories!)



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