



Cornell University
Cooperative Extension
of Schenectady County

Schenectady County
Schaffer Heights
107 Nott Terrace, Suite 301
Schenectady, NY 12308
Tel: 518.372.1622
Fax: 518.372.8703
Email: Schenectady@cornell.edu
Web Site www.cceschenectady.org

Recipe for Family Meals



Most parents and children enjoy family meals and want to eat together more often. Get your family on the mealtime track by making a commitment to enjoy more meals together.

Ingredients

- Family—Plan one or more family meals every week. This can provide a quiet place to enjoy others—leave the pressures and stress of school and work off the table.
- Food—It is what gives kids the nutrients they need to grow strong bodies and smart brains.
- Conversation—enjoying a family conversation can have positive affects on school performance and behavior choices

Directions

1. Join the fun on **September ---2008 from 10 am – 12pm** at SCAP Head Start located at 100 Bigelow Avenue, Schenectady, NY 12304
2. Learn how to:
 - Make mealtime a family event
 - Get kids involved in mealtime tasks
 - Prepare kid friendly meals
3. Take tips learned at session home and start practicing with your family
4. Enjoy your new family-friendly mealtimes



Parent workshop is open to all Head Start Families
and presented by Megan Latza, Head Start Nutritionist.

Individuals with special needs requiring accommodation should contact Cornell Cooperative Extension, Schenectady County, 372-1622, prior to the program or activity.