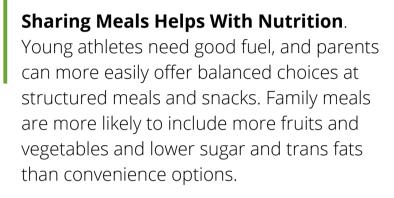
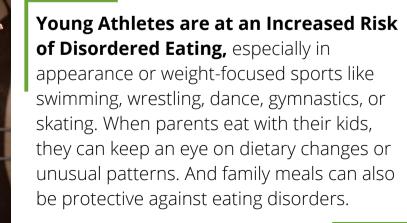
Why You Should Eat With Your Young Athlete

Even during busy sports seasons, shared meals are important. Aim for at least 2-3 family meals or snacks a week – and remember, it doesn't have to be dinner!





Eating Together Offers Much Needed Connection Time. Young athletes may feel like they only connect with their parents around sports and schedules. Taking time to engage during regular family meals shows you're making an effort to know them and bond with them, beyond their identity as an athlete.





Not sure how to make it work? Get tips and tools at thefamilydinnerproject.org.

