

PREVENTION WEDNESDAY

SUN MON TUE

THUR FRI SAT

City of Baltimore

Health Department

The Family Tree's Mealtime – The Great Family Time

Did You Know?

Children who eat regular meals with their family...

1. Are 20% less likely to become addicted to drugs and alcohol?
2. Are 40% more likely to get A's & B's in school?
3. Have a lower risk of depression, suicide, anxiety disorders, and eating disorders?
4. Have a better sense of belonging, identity and family ties?

Try these Mealtime Conversation Starters:

1. What one special talent would you like to have?
2. If snow fell in a flavor, what would you want it to be?
3. What is your favorite holiday, and why?
4. Which household chores do you like to do?

Be part of the Solution!

- 1) **Plan your meal today** – do it together!
- 2) **Spread the word:** let everyone know these important facts.
- 3) **Know a family in need?** Have them call our 24-Hour Stressline at 1-800-243-7337. There are free family strengthening programs out there!



For more information contact
The Family Tree at 410-889-2300.

Mayor Sheila Dixon
www.preventionwednesday.org

Resources and References

- **Baltimore City Health Department**
<http://www.baltimorehealth.org>
- **The Family Tree**
<http://www.familytreemd.org>
- **DHMH-Substance Abuse and Mental Health Services Administration**
<http://family.samhsa.gov/get/mealtime.aspx>
- **Meals Matter**
<http://www.mealsmatter.org/EatingForHealth/Topics/article.aspx?articleId=4>
- **Cyber Parent**
<http://cyberparent.com/family/family-eat-meals-together.htm>
- **Families.com**
<http://parenting.families.com/blog/why-families-should-eat-dinner-together>
- **National Addiction and Substance Abuse Center, Columbia University, 2000.**