



*Family mealtime plays an extremely important role in a child's life. The Center for Alcohol and Substance Abuse (CASA) has done a national study on this topic.*

### **Did you know...?**

- Teens who regularly eat meals with their families tend to be happier with their present life and their prospects for the future.
- Nearly half of teens and parents agree that during or after dinner is the best time to talk to each other about something important.
- Frequent family meals are strongly related to the development of adolescent mental health and stability.
- Shared mealtimes can give kids something they value more than anything else—the focused attention of their parent(s).
- Teens that eat frequent meals with their families have better relationships with their peers, do better in school and have fewer problems with drugs and depression.
- The more often kids eat dinner with their families; the less likely they are to smoke, drink or use drugs.
- Family dinners are the most important family events in helping children develop language skills.
- You can find more resources at [Mealsmatter.org](http://Mealsmatter.org)

