



Home-cooked meals

promote family togetherness

Busy weeknights often lead parents to skip family meals and instead rely on fast and processed foods, but a growing number of public health officials and parents alike agree that enjoying home-cooked meals as a family promotes health and well-being.

Adolescents who participated in even one or two family meals per week were less likely to be overweight or obese in adulthood as compared to adolescents who never participated in family meals, according to a study in *The Journal of Pediatrics*.

Try the kid-friendly recipe by Kids Cook Monday, a national nonprofit campaign, which aims to help parents incorporate family meals at least once a week by offering a variety of free online

resources. The latest is *The Family Dinner Date*, an easy-to-navigate e-cookbook featuring recipes that parents and kids can easily prepare together. Download free here: <http://bit.ly/TKCMdinner>.

Each recipe features the campaign's signature kid/adult/together instruction format to help parents determine which steps in the cooking process are safe for children to complete.

The Kids Cook Monday is an initiative of The Monday Campaigns, a nonprofit public health organization in association with Columbia Mailman School of Public Health, Johns Hopkins Bloomberg School of Public Health, and the Maxwell School at Syracuse University.