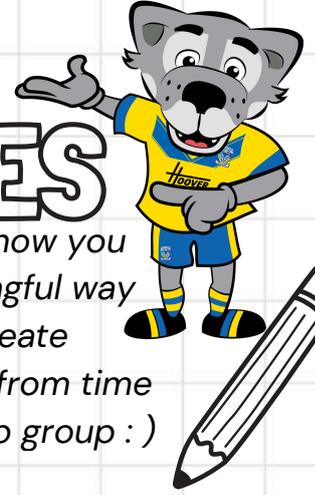




MEMORABLE MEALTIMES



We believe that it's important not just to focus on what you eat but also how you eat. Making mealtimes memorable with children can be a fun and meaningful way to bond, teach important skills, build a good relationship with food and create lasting positive memories. Here are a few ideas that you might like to try from time to time. Choose one as a family and share your pictures in our WhatsApp group :)

PREP & COOK

Help with meal prep: Depending on age, children can help with washing vegetables, stirring, or setting the table. This makes them feel included and gives them a sense of accomplishment.

Cook together: Try making fun recipes together, like homemade pizza, where they can add their toppings, or decorate cupcakes. It gives them ownership of the meal and makes it more exciting.

SPECIAL DINING EXPERIENCE

Decorate the table: Set the table in a fun or special way, with colourful napkins, themed plates, or a small centrepiece. Add name cards to make them feel extra special (children could make them).

Candles/Mood lighting: For special occasions or when you want to make a meal feel more festive, light candles or use fun string lights. It creates a nice atmosphere.

Music: Play some background music that kids can sing along to, or turn it into a mini dance party before or after dinner.

MEALTIME RITUALS

Gratitude moment: Before eating, share what you're grateful for. It could be something simple like a good day or being together. It sets a positive tone for the meal.

Mealtime games: Play games like "I Spy" or "Would You Rather?" during dinner. This keeps things light and fun, especially if you have picky eaters who aren't as excited about the food.

Themed days: Establish a family tradition like "Meatless Monday" or "Pizza Friday" that everyone can look forward to.

FUN THEMES

Themed dinners: Create fun themes for meals like "Taco Night," "Breakfast for Dinner," or "Under the Sea." This adds an element of excitement and adventure to the meal.

Food art: Let them play with their food! Arrange fruits, veggies, and snacks in fun shapes or characters, like making a smiley face from pancakes or arranging a rainbow with veggies.

Interactive meals: Dishes that allow for personal customization, like build-your-own sandwiches, tacos, or salad bars, let kids be creative while enjoying the meal.

ENCOURAGE POSITIVE FOOD CONVERSATIONS

Talk about food origins: Teach them where food comes from and share fun facts about ingredients. Explore cultural dishes, learn about traditions and cuisines.

Praise their efforts: Celebrate participation in cooking or trying new foods. Positive reinforcement makes mealtimes more enjoyable and encourages them to keep trying new things.

Storytime: If they're old enough, ask them about their day and share stories during dinner. This can make mealtime feel like a time for family bonding.

ALLOW FOR FLEXIBILITY

Go with the flow: Sometimes children can be picky or distracted. Instead of stressing, keep the mood light and flexible. Let them explore new foods at their own pace.

Don't force eating: Create a relaxed atmosphere where kids aren't pressured to finish everything on their plate. It's important they feel in control of their own food choices.

CREATE LASTING MEMORIES

Make a recipe book: Have your child contribute to a family recipe book with their favourite dishes or ones they helped prepare. It becomes a cherished keepsake that you can look back on together.

Take photos: Capture candid moments of your family enjoying meals together. These images can help reinforce positive memories of family meals.

Celebrate milestones: Use mealtimes to celebrate accomplishments, whether it's finishing a project or achieving a personal goal. Make them feel special by acknowledging their efforts over a meal.

The key is to make mealtimes a time of connection, laughter, and creativity, so children grow up with positive associations with food, family, and togetherness.

