

Risë: **DO YOU OFTEN EAT TOGETHER, AT HOME, AS A FAMILY? A NEW REPORT SHOWS YOU'RE NOT ALONE. I'M RISE JILL MILLER.**
ACCORDING TO WELCH'S KITCHEN TABLE REPORT 71 PERCENT OF PARENTS SAY THEIR FAMILIES EAT DINNER TOGETHER AS OFTEN, OR MORE, THAN WHEN THEY WERE CHILDREN, AND 75 PERCENT EAT MOST MEALS AND SNACKS IN THE KITCHEN AS A FAMILY.

ROBIN PLOTKIN, REGISTERED DIETITIAN AND WELCH'S HEALTH AND NUTRITION ADVISORY PANEL MEMBER, SAYS...

Robin: "Parents are making mealtime a priority to share a moment with their kids – which is great as research shows a link between regular family meals and improved nutrition and overall well-being."

Rise: **BUT, THE REPORT DID FIND CHALLENGES LIKE LACK OF TIME TO COOK MEALS, ESPECIALLY HEALTHY ONES.**

Robin: "We created a toolkit at welchs.com that includes meal makeovers, heart-healthy recipes, and more to help families enjoy more happy and healthy mealtimes."

Rise: **EIGHTY-FOUR PERCENT OF PARENTS SAY A FAVORITE PART OF THE DAY IS MEALTIME. AND, REMEMBER, FAMILY MEALTIME STRENGTHENS FAMILY TIES.**