

Family

DINNER

in the

Park

in conjunction with

FAMILY MEALTIME MONTH

Monday, Sept. 25, 2017

5:30 - 7 P.M.

Southfield Park
[100 S Southfield Rd]

FREE DINNER
WHILE SUPPLIES LAST

Sponsored by

CARING COMMUNITY
COALITION



- **Visit each booth to get an ingredient, when finished you will have everything you need to make Taco Soup at home.**
- **Eat dinner with your family while at the park. Taco Salad served to everyone who visits the booths.**

Food available while supplies last!



Benefits of Family Mealtime

Family meals have a positive impact on the health and well-being of families and individuals.

- Improved motivation, grades and vocabulary at school
- Sense of belonging, increased self-esteem and decreased depression
- Healthier eating including fruits and veggies
- Less risk of being overweight
- Reduces high-risk behaviors like teen alcohol, tobacco and drug use
- Better family communication and strengthened family bonds