



Make Family Mealtime Your Real Happy Hour

Complete the Challenge!!!

- Add one more family meal in every week.
- Declare mealtime an electronics-free zone with no TV, cell phones, or video games.
- Plan to make a healthy meal or snack together as a family.
- Create a wild centerpiece using flowers and party decorations and make a colorful table cloth using washable paint and old bed sheets.
- Take the whole family to the grocery store or farmers market and let everyone pick out something that appeals to them, like a different kind of fresh fruit or vegetable to prepare for that night's meal.
- Make a family commitment to focus only on positive topics before and during mealtimes.
- Establish a few ground rules - like no teasing, no criticizing, no rude comments about other people, and no talking while someone else is talking.
- Choose special menus or themes for a meal - like Taco Tuesdays or Spaghetti Saturdays. Get creative!
- Use some free conversation starter cards from www.school-wellness.org and take turns picking up a card to get a conversation going.

Show us your Real Happy Hour. Post pictures and videos of your family spending quality time together in Columbia County!

Don't forget to use the hashtag #LodiPride!



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Lodi Community Action Team



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For more information on The Real Happy Hour, visit www.therealhappyhour.org



Lodi Community Action Team
Promoting Healthy Lifestyles for Youth!
www.lodiaction.org