



Meal Planner



DREAM DINNERS.
HOMEMADE, MADE EASY

DAY	MAIN DISH	SIDE DISH	SIDE DISH
<input type="checkbox"/> 1			
<input type="checkbox"/> 2			
<input type="checkbox"/> 3			
<input type="checkbox"/> 4			
<input type="checkbox"/> 5			
<input type="checkbox"/> 6			
<input type="checkbox"/> 7			
<input type="checkbox"/> 8			
<input type="checkbox"/> 9			
<input type="checkbox"/> 10			
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<input type="checkbox"/> 12			
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<input type="checkbox"/> 27			
<input type="checkbox"/> 28			
<input type="checkbox"/> 29			
<input type="checkbox"/> 30			



DREAM DINNERS®
HOMEMADE, MADE EASY

The Benefits of Family Meals Goes Around the Table

YOUNG CHILDREN

- Increases vocabulary
- Promotes patience and dexterity (use of utensils)
- Learn good manners

PARENTS

- Develop a stronger family bond
- More likely to eat healthy foods
- Creating family traditions and memories

TEENS

- Less likely to engage in risky behaviors (drugs and alcohol)
- Feel a stronger sense of stability
- Increases self-esteem

SCHOOL-AGED KIDS

- Less likely to be overweight
- More likely to do better academically
- Promotes good social skills

PRO TIP: Use Dream Dinners to pull together quick meals to share as a family.

SOURCES

National Center on Addiction and Substance Abuse (CASA) at Columbia University, 2010
The Journal of Pediatrics and Child Health, October 2013
Pediatrics, The Official Journal of the American Academy of Pediatrics, 2011