



- 6/7 days a week
- Manages salon

"This is the time I get to see them. But to them, games are more important than dinner until they are hungry."



- 12 years old
- Loves playing video
- Loves helping out in



- 15 years old Prefers hanging out with his
- Admits that would he would be lost without his

"Family dinners are unnecessary because we live in the same house

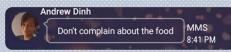












The Persuasion and Motivation

- · Family that eats together reaps positive benefits, both mental & physical
 - Less obese, higher self-esteem, better grades, etc
 - Important that dinners have to be positive, pleasant
- Learn developmental skills and problem solve
- Meals together create sense of family
- Reward After so many consecutive dinners together
- Start small
- Family group chat to coordinate
- Commit! "No excuses"

Andrew - "The best way to bond is to argue."

The Family Dinner Planning App



- · Group chat for members
- Share ideas and recipes
- Rewards system
 - Meal preparation
 - Best story shared
 - · Consecutive meals in a row as a family
- · Calendar for planning
- Family journal of meals together

The Obstacles

 While they believe family and family dinners are important, but not sure how to prioritize meals

The Family Dinner

- People are hungry at different times
- Different tastes
- Mom often comes home late
- Too much time and effort to coordinate

Resources

- Fieldhouse, P. (2015). (Still) eating together: The culture of the family meal. *Transition* (00494429), 45(1), 9-13.
- Fishel, A. (n.d.). FAQ The family dinner project. Retrieved from https://thefamilydinnerproject.org/resources/faq/
- McKinnell, J. (2010). The unbreakable rules for family dinners: comedian Larry David's ex-wife shares what she's learned about eating together. *Maclean's*, (43). 122.
- Oinas-Kukkonen, H., & Harjumaa, M. (2008). A systematic framework for designing and evaluating persuasive systems. In *International conference on persuasive technology*(pp. 164-176).
- Park, A. (2014). How family dynamics at the dinner table affect kids' weight. *Time.Com*, 1.
- Purnell, D. (2016). Family dinner: An ethnographic exploration in to a sixteen year tradition. *Florida Communication Journal*, 44(2), 41.
- Yates, S. A. (1996). Whatever happened to family meals?. *Today's Christian Woman*, 18(6), 33.