

6 TIPS FOR SCREEN-FREE MEALS

Children eat better at meals when they aren't distracted by screens. Meals are also a great time to connect and share stories about the day, whether it be with family members or peers. Follow these tips to achieve screen-free meals.



1. **Set daily screen time limits and avoid any screens with meals.** Create a family media plan, try this online tool: www.healthychildren.org/English/media/Pages/default.aspx
2. **Make small goals to start.** If screens were being used at meals all the time, start with one meal being screen free and then add on more screen free meals later on.
3. **Eat together as a family.** Sit at the dinner table to eat or create another designated eating area without distractions like T.V.
4. **Have a special location for your phones and tablets away from the table. Silence your devices and turn off the TV.**
5. **Talk and listen to each other.** Ask details about the day or try a conversation starter: thefamilydinnerproject.org/category/conversation/conversation-starters
6. **Once you have started at home, work with your school towards screen-free lunchrooms too.** Some great resources here to help: www.awayfortheday.org

Written by the Public Health Nutritionists of Saskatchewan (2020)

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