



## Parent-Teen Activity Series

### Tip of the Month

Family meal time is a great way to enjoy each other's company while creating something delicious and nutritious. Plan the meal together. Throw in a theme or two and make it a dining experience you'll never forget! Take a trip to the grocery store together to buy the ingredients you need. Negotiate who will do what in terms of cooking, chopping, stirring, etc. If you decide to invite guests, try to make it fun and exciting for all by including them in the planning or cooking. What ever you do, make it funny and make it yummy!



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