MEALS TOGETHER
NOURISH A FAMILY’S WELL-BEING

Eating together feeds the emotional well-being of all family members—especially children and adolescents.

- Better grades
- More motivated at school
- Fewer depressive symptoms
- Fewer emotional difficulties
- Gets along better with others


American Heart Association and FMI Foundation are proud to jointly encourage family meals for the well-being of the mind, heart, and body.