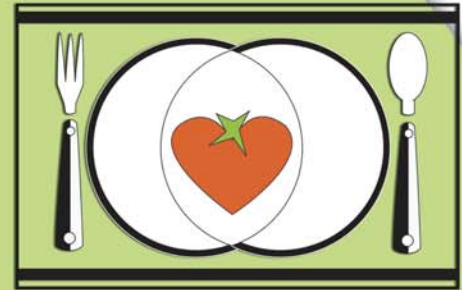


# EAT TOGETHER!!



## FAMILIES THAT **EAT TOGETHER** ACHIEVE TOGETHER...

RECENT STUDIES SHOW GREAT BENEFITS  
FOR YOUNG PEOPLE THAT SHARE FAMILY  
MEALS TOGETHER:



HIGHER ACADEMIC ACHIEVEMENT



HIGHER  
SELF ESTEEM



LOWER RISK OF  
SUBSTANCE ABUSE  
& DEPRESSION

AND MUCH MUCH MORE....

