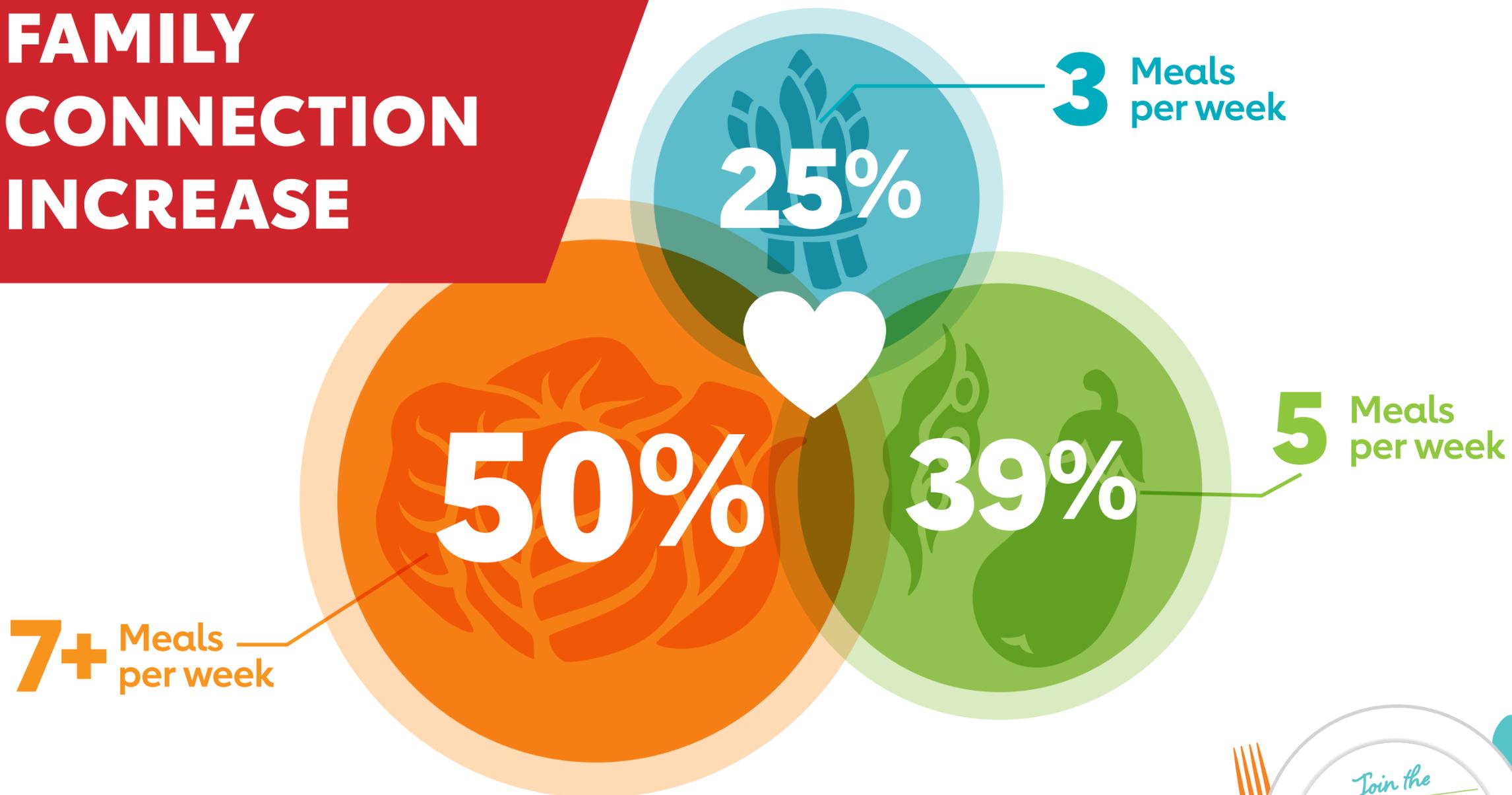




# FAMILY MEALS FOSTER EMOTIONAL BALANCE

Frequent family meals increase self-esteem, a sense of well-being, positive social behaviors and stronger family relationships.

## FAMILY CONNECTION INCREASE



Journal of Pediatrics and Child Health —Nov. 2013  
\*Percentages calculated using Never/1-to-2 Times a Week as the baseline.



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