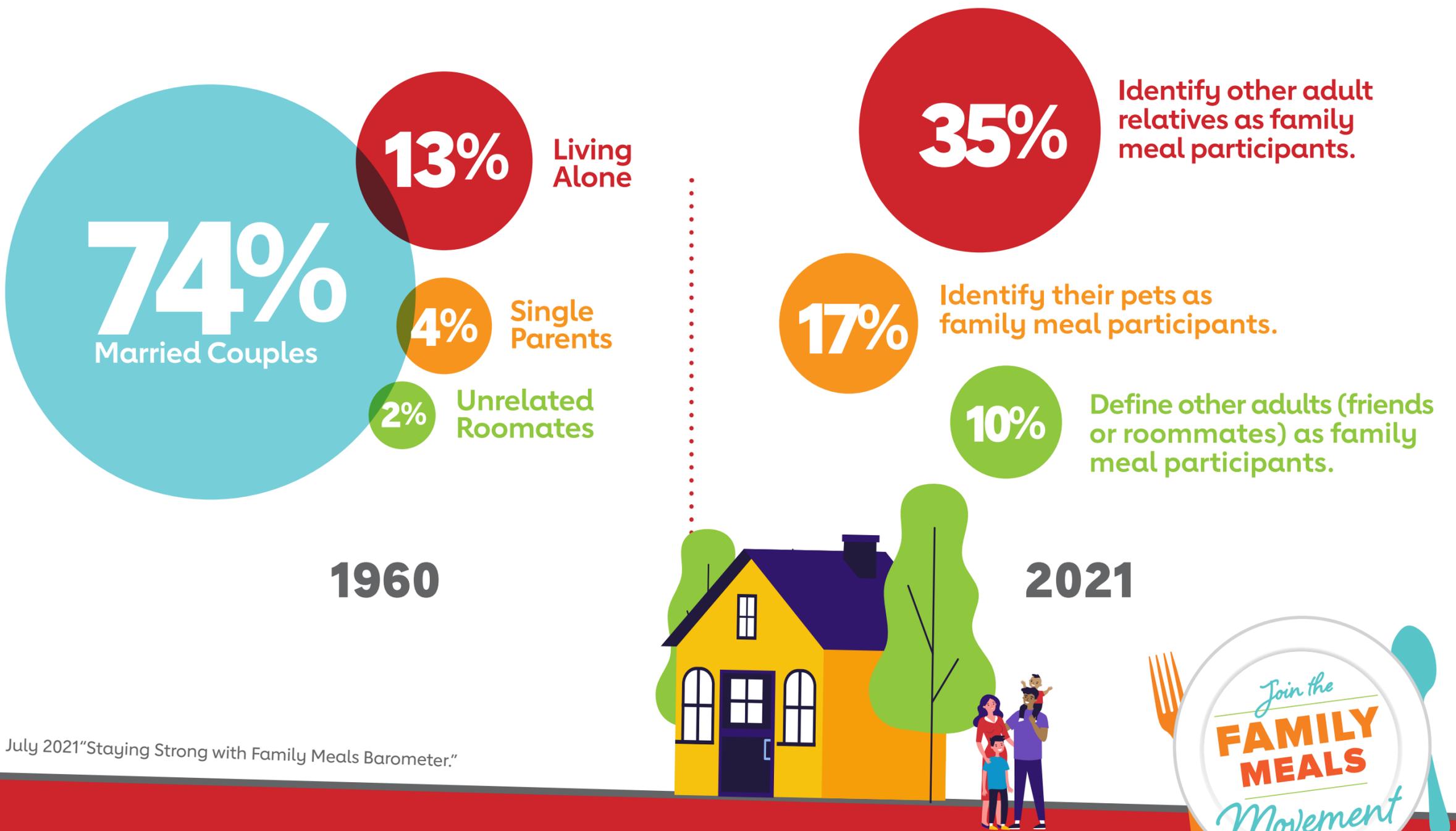




THE MEANING OF "FAMILY" MAY HAVE CHANGED, BUT FAMILY MEALS STILL MAKE AN IMPACT.

The way Americans define "family" in context of **family meals goes beyond the obvious** of significant others and children.



July 2021 "Staying Strong with Family Meals Barometer."

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

