

Benefits of Family Dinner

Family mealtime has been shown to have numerous benefits. According to the National Center on Addiction & Substance Abuse at Columbia University, compared to kids who have fewer than three family dinners per week, children and teens who have frequent family dinners are:

- At 70% lower risk for substance abuse
- Half as likely to try cigarettes
- Half as likely to be daily cigarette smokers
- Half as likely to try marijuana
- Half as likely to get drunk monthly
- One third less likely to try alcohol
- Likelier to get better grades in school

Family Day, an initiative to promote eating dinner with your children, is celebrated on September 28, 2009. Make family dinner a fun time for all.