

It's Talk Together at Home Week!

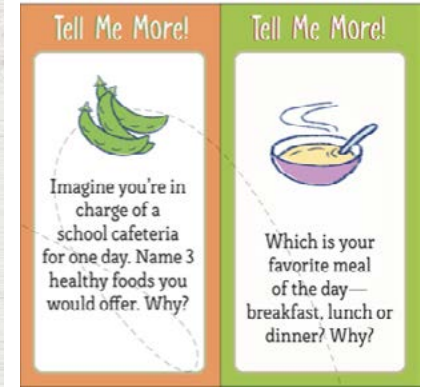
Mealtime bring families together!

Here are a few ways to connect more during meals:

1. Turn off distractions, such as the TV or phone.
2. Focus on happy topics.
3. Create conversation starter cards, and take turns choosing one.
4. Listen carefully, and be open to new ideas.

Food Hero educators across Oregon are using our brand new conversation cards this week with our families at home!

Hello Friends! My family is so excited to try out these new cards! You can see them and flip them online at this link without printing them out: <https://foodhero.org/kids>. Just click on the “Games and Jokes” button! We also can't wait to tell food jokes to each other.



Try asking your family one of these!



Visit FoodHero.org to find low-cost, healthy, tasty and simple recipes!

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