

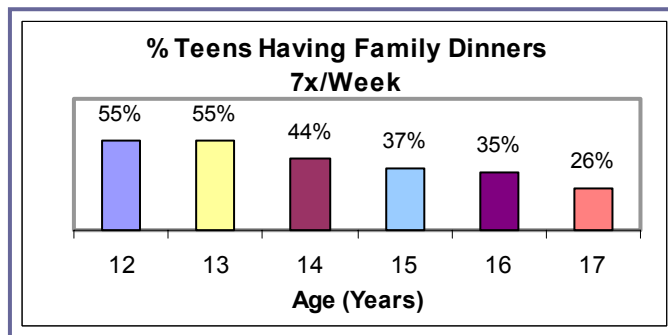


This edition of *NuNews*™ brought to you by:

In the Know with Family Mealtime

University studies support the value of family meals.

Eating a family meal together is becoming a lost art.¹ Although parents consider the family meal an important activity,² the number of children eating dinner with their families decreases by more than 50% as they move from middle school to high school.³



<http://www.casafamilyday.org/about.htm>

This is a serious concern. More research on young children and teens now supports the value of the family meal as a tool parents can use to help them raise healthy, well-adjusted children. To emphasize the value of mealtime, President Bush, along with the governors of 35 states have proclaimed the fourth Monday in September "Family Day—A Day to Eat Dinner With Your Children".

The National Center on Addiction and Substance Abuse (CASA®) at Columbia University recently polled 1,987 teenagers and 304 parents of teens throughout the USA on the value of mealtime.³ Key findings from this survey and other studies highlight why family meals matter, and support the need for parents to bring back this time-honored tradition.

References

1. Mackenzie, M. "Is the family meal disappearing?" *J of Gastronomy*. 7(1)35-45, Winter/Spring 1993.
2. Mellman and Lazarus Inc. Family values survey. Roper Center at University of Connecticut Public Opinion Online. Cited in LEXIS- NEXIS, Dayton, Ohio. 1991.
3. Graphs and references used with permission. The National Center on Addiction and Substance Abuse at Columbia University, CASA®; The Importance of Family Dinners; September 2003. http://www.casacolumbia.org/usr_doc/family_dinners.pdf