

Pointers For Parents

Celebrate Family Togetherness With Home For Dinner Night

(NAPSA)—Eating together benefits the entire family. Recognizing the positive impact of sharing meals, the Borden® Cheese Brand launched the first national Home for Dinner Night. The event was announced by Home for Dinner Night spokesperson, mom, and star of “7th Heaven” Catherine Hicks.



Catherine Hicks

Home for Dinner Night was created to promote family togetherness and the emotional benefits it provides. In addition, research shows when families eat together, it leads to better nutrition and decreased risk for obesity and substance abuse in kids.

Put the power of togetherness to work for your family with these helpful tips.

- Pick one day each week when your family shares a meal.
- Get everyone involved.
- Share and rotate responsibilities like shopping, preparing meals and cleaning up.
- Avoid distractions to encourage togetherness.
- Extend family bonding with other activities.
- Make it a tradition.
- Demonstrate that eating together is a priority.
- If dinner is impossible, try breakfast or lunch.
- Visit HomeforDinnerNight.com—a site devoted exclusively to bringing the family together with electronic newsletters, recipes, and helpful hints courtesy of Borden® Cheese Brand.