August 21, 2018
The Power of Family Mealtimes
Additional Resources:

**Articles:**


**Books/ Book Chapters:**


**Links:**

The Family Dinner Project  
https://thefamilydinnerproject.org/

Family Meals- KidsHealth from Nemours  

Family Resiliency Center- University of Illinois  
http://familyresiliency.illinois.edu/

Mealtime Minutes-Family Resiliency Center  
http://familyresiliency.illinois.edu/resources/mealtime-minutes

Podcasts- Family Resiliency Center  
http://familyresiliency.illinois.edu/resources/podcasts

Strong Kids Program  
http://familyresiliency.illinois.edu/research/strong-kids-program-0
Turning Mealtime into “Family Time” - HPRC
https://www.hprc-online.org/articles/turning-mealtime-into-family-time

**Blogs/Podcasts/Webinars/Online Media:**


Finello, K. Eating Dinner, Family Style. *Parents.* Retrieved from:  
https://www.parents.com/recipes/cooking/family-favorites/eating-dinner--family-style/


https://news.illinois.edu/view/6367/205299

http://www.health.com/health/gallery/0,,20339151,00.html#quit-eating-on-the-go-o


NPR. (2013). Family Dinner: Treasured Tradition or Bygone Ideal? *All Things Considered.* Podcast retrieved from:  
https://www.npr.org/sections/thesalt/2013/02/26/172897660/family-dinner-treasured-tradition-or-bycgone-ideal