

Family Dinner Rules

1. You don't have to eat
(but please join us at the table for family time)
2. There will always be something at the table you like
3. Helpers are appreciated!
You will be assigned one small job before dinner
4. No food complaining allowed, *please*
5. No throwing food
but you can touch, smell and even lick any part of your meal
6. When you're done eating, that's it until breakfast
so make sure you fill your belly
7. Bring your plate up to the sink when you're done!

Raise **HEALTHY** Eaters
Happy Table. Healthy Family.