

FOOD + MEAL

CONNECTION

SET ASIDE TIME TO SHARE A MEAL TOGETHER AS A FAMILY AND ENGAGE IN CONVERSATION. TRY SOME OF THE FOLLOWING CONVERSATION STARTERS.

➤ What would you and your family like to do more of in the coming year? Less of?



➤ **Describe your year in 3 words.** Go around the table and have each family member share their 3 words. Are there similarities in the joys of the year? What about differences in the words?

➤ Food is how we fuel and nourish our bodies. It can also be a way to celebrate culture and history. Share of memory of having a meal that special or new to you.

