come together for Family Meals

The Pampered Chef® is committed to helping families gather around the table for dinner each night. It’s not always an easy task, but that time together can enhance the quality of life and strengthen families’ abilities to meet life’s challenges. Even though the average family meal lasts just 20 minutes, that time can positively affect children’s development and behavior. In partnership with the Family Resiliency Center at the University of Illinois, we have created tools to make dinnertime the best part of your family’s day.

Public Service Announcements

Our Mealtine Minutes Public Service Announcements provide solutions to common challenges, with helpful ideas for getting your children more involved in family meals and how to deal with sibling conflict at the dinner table.

Telling stories during mealtimes help children understand family values and traditions. Our conversation cards and mealtime tips were developed with that in mind, to help make family meals more engaging and enjoyable.

A mealtime plan is more than just a menu and a grocery list. Please visit pamperedchef.com/mealtimeminutes to view the Mealtime Minutes Public Service Announcements and to download the conversation cards and mealtime tips.

Set rules for mealtime as a family.

- Divide responsibilities between parents — one watches the kids while the other prepares the meal. Serve dinner at a consistent time.
- Wait to eat until everyone is at the table.
- Be done with dinner in time for kids to eat, play, then head off to bed.
- Set rules for mealtime as a family.
- Rescind each other’s space (no touching, pointing, hitting).
- Dry in your own family tradition.
- Give them choices if you can.
- Speak in indoor voices.
The average family meal only lasts about 20 minutes, but has the potential to reduce the risk of substance abuse, obesity, and eating disorders and can improve kids’ eating habits. Research clearly shows that sharing regular family meals can have significant benefits for children of all ages.

Please visit pamperedchef.com/mealtimeminutes to view the Public Service Announcements and download the conversation cards and mealtime tips. Mealtimes will become less stressful and more enjoyable for the whole family.

Facts and tips provided by The Pampered Chef® Family Resiliency Program, University of Illinois at Urbana-Champaign.