



# Meaningful Meals

## BINGO



Have adults share a childhood memory	Try a new dessert recipes	Share a compliment with everyone at the table	Cover the table with paper and set out crayons. Color before or after you eat	Support a local restaurant by ordering take-out or sharing a positive online review
Play a card or board game at the table after a meal	Have an etiquette dinner	Find a family or traditional recipe and make it together	Allow each person at the table to share the high and low of their day.	Have each person share if they could bring one person to dinner, who would it be, and why?
Have everyone at the table share what they're grateful for	Have a technology free meal together	 <b>FREE</b>	Work together to plan a week's worth of dinners	Have a themed dinner (example: fiesta, Hawaiian, Disney)
Plan a build-your-own meal with toppings (example: pizza, potato bar, salad bar, dessert bar, etc.)	Mix it up! Serve breakfast for dinner or have dinner for lunch	Take a moment to be grateful for each meal today	Create a story by going around the table and having each person adding one sentence to the story	Have a picnic style meal together
Eat the Rainbow: Include 5 colors of food on your plate	Invite a virtual guest to a meal	Check out <a href="http://parentsempowered.org">parentsempowered.org</a> Have an age-appropriate conversation with your kids	Have a cooking contest for one meal	Eat a meal where you set down your fork between each bite and really focus on the flavors and textures of the food

To enter to win gift cards to local businesses follow the instructions on our Facebook or Instagram Accounts. You can find us at Weber-Morgan Health Department. OR email your entry to [lmcfarland@co.weber.ut.us](mailto:lmcfarland@co.weber.ut.us) by April 27, 2020 at 8:00 am.

\*Only residents of Weber and Morgan Counties eligible for prizes. Weber County employees are not eligible for prizes.