

What's Stopping You From Having Family Time Around the Dinner Table?

No Interest in Cooking?

Identify your personal barriers to preparing a family meal.
Prayerfully ask God to remove them.



Family schedule won't allow time to cook or "family meal".

Schedule at least one night a week and accept no excuses for missing it.
This includes you and your husband.

"There's nothing to eat"

Plan a menu for the week and be prepared.
Let the children plan the family meal and shop for it.

Dislike meal preparation and clean up.

Make these activities fun!
Decorate the dinner table or play a game while cleaning up.

No meal plan in place.

It is much easier to stick to a menu than to spontaneously come up with a meal.
Involve the children in planning a gala dinner!

Picky eaters.

Encourage each person to try a mouthful of each serving.
Provide alternatives so no one leaves the table feeling hungry.

"I can't cook"

Remember- nobody is born a cook!
If you can read, you can cook!

Not enough time in the day (or so you think).

What could be more precious than time around the table with your family?
Menus and meal planning will pave the way for a cozy dinner!