

FAMILY FOOD RULES

1. Be Grateful.

There is one meal for everyone—and the first thing you say is “Thank You”.

2. Try New Things.

I will do my best to have something you like on the table. If tonight’s dinner isn’t a winner, you can pick a meal for later in the week.

3. Be Kind.

No comments before you try it. After you take 1-3 bites, I’d love your review. Do you give it Thumbs Up, Thumbs Middle or Thumbs Down?

4. Be Part of the Fun.

There is no crying in the kitchen or at the table. If you need time to turn it around, Mommy or Daddy will take you to your room for a few minutes. Then come back and join us!

5. Say Grace First.

After everyone is sitting down, we share what we’re thankful for.

6. Help Each Other.

Sometimes you can help cook—and you can always help clean. After dinner everyone works together to clear the dishes, wipe the table and sweep the floor.