



# Eating Together for Better Health

Studies show people who eat together eat better. Having a support system that encourages healthy eating is essential for a healthy lifestyle. The workplace can be a great place to enlist support in your efforts to eat better. Finding coworkers who share the same healthy eating goals is a good way to find support for yourself and others.

Adopting healthy eating habits together at work can be easy. Here are some ideas for creating and maintaining a support system with your coworkers:

- Eat lunch together.
- Start a lunch group with your coworkers where you share lunches and ideas for eating better.
- Trade healthy recipes with one another.
- Create a list of healthy restaurants located near your worksite. Post the list on bulletin boards to encourage others to eat at these restaurants.
- Have a monthly potluck where everyone brings in their favorite healthy dish to share.
- Share homemade healthy pastries, such as muffins and scones, during coffee breaks instead of buying them.
- Take a cooking class together after work.
- If your company provides employee newsletters to everyone, ask that healthy eating tips and recipes be provided.
- Switch lunches with a coworker! Have them make you a healthy lunch, and vice versa.
- Share ideas and tips on healthy eating and cooking techniques that you find in magazines and cookbooks.
- Start a cookbook club! Lending and borrowing cookbooks belonging to your coworkers may give you new and exciting recipes you can share with family and friends!



Keep this habit up at home too! Adults who eat together eat more nutritious meals, utilize time better because only one meal is cooked, and enjoy time and conversation with others. Children also benefit from sharing meals with others. They tend to do better in school, have better communication with others, and have time to talk with the adults in their lives.