

# Family Dinner Project

Research shows that sharing family meals strengthens physical, mental, emotional, and nutritional health for all family members.

Conversations around the table build vocabulary, resilience, and connection, while healthy eating habits reduce obesity and eating disorders in children and teens.

The Family Dinner Project offers an engaging, interactive program designed for community organizations.

Our bilingual Family and Nutrition Educators will lead a community dinner that:

- Highlights the proven benefits of family mealtimes.
- Demonstrates practical strategies for creating healthy, enjoyable dinners at home.
- Encourages participants to share ideas and build connections.

Participants will enjoy a nutritious meal, learn new recipes, and leave with actionable skills to make family dinners a meaningful part of everyday life.

For more information, contact: Cara Weiner Sultan [caw10@cornell.edu](mailto:caw10@cornell.edu)



**Book this program for your organization today and help families thrive—one meal at a time!**

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

**Cornell Cooperative Extension | Suffolk County**

Extension Education Center, PO Box 2405, Riverhead, New York 11901 • [www.ccesuffolk.org](http://www.ccesuffolk.org)