



3 Tips to Practice Commensality

1. Collaborate To Create A Meal:

- Divide the burden of meal planning by getting everyone involved! Studies show that children are more likely to eat the foods that they help prepare.

2. Schedule Time To Eat Together:

- It does not have to be an elaborate meal. Schedule a time to share at least 1 meal per day at either breakfast, lunch, or dinner. Choose a time that works with your schedule and stick to it.

3. Make The Mealtime Meaningful:

- Sharing a meal can be as small as 2 people, the point is to eat together and be engaged. Turn off distractions like the television, radio, and cell phones. Make conversations positive & fun for everyone.

THE JOY OF COMMENSALITY

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The holidays make it a great time to practice commensality, the positive social interactions that occur while people are eating together.

Studies show that people of all ages benefit from sharing a meal with others, including children. Children are more likely to eat more nutrient-dense foods when they see adults eating them too.

Commensality teaches children to communicate better and learn new words. Children who grow up practicing commensality have been associated with a decreased risk for developing disordered eating and depression, have higher self-esteem, and are happier in their later adult lives. Additionally, having structured mealtimes and more family meals is associated with more food enjoyment and less fussy and emotional eating.

During the winter season commensality is practiced amongst many joyous holidays including Thanksgiving, Hanukkah, Christmas, Kwanza, Chinese New Year, and many more.

For many families, Commensality is harder to practice all year round, with the stress of everyday life and busy schedules for children, but the more meals you eat together, the more your children benefit.

Commensality helps children feel loved, safe, and secure. Check out the side bar for a few tips to increase your family's commensality.