

# TAKE THE FAMILY MEALS CHALLENGE!

## Who has the power to create MORE SUCCESS IN SCHOOL?

Parents! You have the power of the dinner table. Research shows that when families spend more time together, grades go up.

Together, let's take the Family Meals Challenge!  
Get started for free right on your phone or computer!

- **It's effective**—after all, success starts at home!
- **It's easy**—you can do it right on your phone or computer
- **It's awesome**—let's get started now!

---

## Get started for **FREE TODAY!**

1



Use the QR code or visit our website to get started:  
[myfamilymeals.org](https://myfamilymeals.org)

2

Go at your own pace.  
*Do each fun, manageable section as you have time.*

3

Earn badges as you go!  
*Download exclusive materials for your family.*



*Family Meals*  
**CHALLENGE**  
Workshops to Improve Family Mealtime