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Take the Family Mealtimes Matter Challenge!

Family mealtimes really do matter! That's why Cornell Cooperative Extension, Price Chopper, and Eat Smart New York (ESNY) have partnered to sponsor the second annual Family Mealtimes Matter challenge, a four-week initiative dedicated to creating quality family time based on healthy, budget-conscious meals. From 10:00am- 2:00pm on Thursday, October 21, and from 11:00am-3:00pm on Saturday, October 23, select Price Chopper stores, including the store in Saugerties located at 138 Ulster Avenue will feature Cornell Cooperative Extension and Eat Smart New York nutrition educators, as well as Price Chopper Dietitians to assist customers with healthy tips and recipes, as well as a pledge that can bring the whole family around the table.

Families can help children stay healthy physically and mentally simply by eating together. Research shows that when family members eat a home-prepared meal together they generally eat better.

This means they consume more fruits, vegetables, and dairy foods, and fewer fried foods and soft drinks. Families that eat together in the home can also save money and strengthen the overall

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financial health of the family. Now that school is back in session, eating together is even more important, as it can lead to better grades and learning experiences for children.

Cornell Cooperative Extension, Price Chopper, and ESNY have created a special eight-page Family Mealtimes Matter pull-out section in Price Chopper's latest issue of Active Families Magazine – a free full-size, full-color glossy publication. Some of the helpful advice that can be found in the insert includes:

- Great Autumn recipes to warm you up
- Money-saving shopping strategies to help you make the most of your resources
- Tips to spark conversations at the table
- Fun ways parents can include children in meal preparation
- Ideas for eating family meals on the go

So stop by any participating Price Chopper store to take the Family Mealtimes Matter Challenge and receive your free magazine and shopping bag as well as be entered into a special drawing.

Check the Price Chopper website at www.pricechopper.com for a complete list of participating stores. For more information on healthy affordable family meals, contact Nutrition Program Educator, Eileen Polk at Cornell Cooperative Extension Ulster County at 845-340-3990 ext. 328.

For more information about Cornell Cooperative Extension of Ulster County's community programs and events call 845-340-3990 or visit us online at www.cceulster.org. Follow CCEUC on www.facebook.com.