THE ALL NEW

Family Meals Challenge

This Fall, we're launching an expanded, redesigned, and re-energized version of our beloved 3-week Family Meals Challenge! Same mission, completely refreshed experience.

What is the Family Meals Challenge?

A **3-part bilingual workshop** experience designed to strengthen families through mealtime routines.

Each week focuses on building healthy habits in communication, tech use, and nutrition—leading to improved relationships, stronger routines, and student success.

New & Improved

- Bilingual Format: All materials available in English & Spanish
- Simplified, Parent-Friendly Workbook
- Engaging New Kit Items to spark real family conversation
- Stronger Focus on Tech & Nutrition
- Easier Tracking with Monthly Meal Calendar
- More Interactive Activities for Families

Workshop Breakdown

WEEK 1

The Family Mealtime Challenge

Why meals matter, the power of talk, and a 4-week challenge

WEEK 2

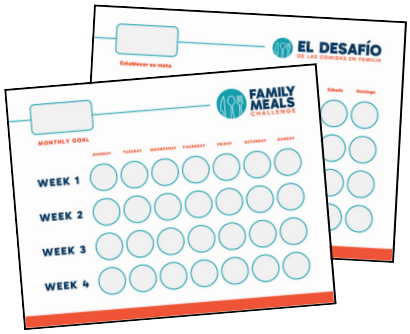
The Tech Balance Challenge

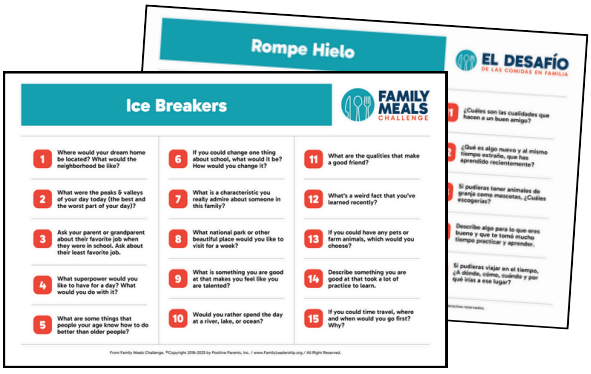
How to manage screen time and connect more deeply as a family

WEEK 3

The Healthier Meals Challenge

Smarter planning and shopping for healthier eating habits





Why Family Meals Challenge Works for Schools and Families

Stronger families = better attendance, behavior, and academic outcomes. Family Meals Challenge helps schools engage parents in a practical, positive way—without adding extra work for staff.

What's in the Kit Box?

- Monthly Family Meals Calendar
- Conversation Starter Spinner
- TableTalk Cards
- Reusable Placemat
- Weekly Meal Planner Sheet
- Tech & Connection Plan
- Hands-on Items for Workshop Activities
- And more!

Proven Benefits of Family Meals Challenge

Better student grades & attendance

Stronger resistance to peer pressure

Stronger parent-child relationships

Improved nutrition & routines

Healthier screen habits

Increased self-esteem and confidence

Ready to bring Family Meals Challenge to your district?

Let's partner and bring stronger family-school partnerships to your district.

www.FamilyLeadership.org