



## Family Table Topper

*A Tool for Helping Families increase Family Meal Time and improve Family Nutrition*

- Based on goal setting – families track meals together and activities together
- Encourages healthy eating patterns – family members are rewarded with stickers when they try a new fruit or vegetable or choose low-fat milk or water instead of a sugary beverage.
- Encourages positive family talk – uses prompt questions to help families discuss their personal family values. Encourages the discussion of the day’s events for each family member and praising each other's accomplishments.

*“Using the Family Table Topper has really helped me to make family meal time a priority. My children love the stickers and have become much more willing to try new fruits and vegetables. I am also trying to be a good role model for my children. We are talking more and have begun walking together and having a family game night.”* Statement from an EFNEP participant in Wayne County

Make checks payable to:  
NC State University

Please send me \_\_\_\_\_ sets of 50 English Family Table Topper@ \$150.00 per set. Price includes shipping.

Mail order form and payment to:  
Box 7605, NCSU,  
NC Cooperative  
Extension Service,  
Raleigh, NC 27695  
ATTN: EFNEP

Name \_\_\_\_\_

Email \_\_\_\_\_

If you have questions please  
email: [efnep@ncsu.edu](mailto:efnep@ncsu.edu)

Organization \_\_\_\_\_

Unfortunately, we do not accept  
credit cards.

Address \_\_\_\_\_

Please allow 2-4 weeks for  
delivery.

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ FAX \_\_\_\_\_



# Using the Table Topper

**Katie** took her own shoes.

**Nathan** got an A in science.

**Maria** made the track team!

**Javelle** made a great pizza.

**Family Mealtime Goals**  
 What Mealtime Goals can your family agree on? List in the box.  
 Example goals:  
 • Eat together \_\_\_\_\_ times each week.  
 • Eat \_\_\_\_\_ fruits and vegetables each day.  
 • Be active together at least \_\_\_\_\_ times per week.  
 • Turn off the TV during meals.

**Family Values**  
 Talk about YOUR family values during mealtime. Sample questions to start with:  
 • What does FRIENDSHIP mean?  
 • What does PATIENCE mean?  
 • Tell what it means to be a good hand.  
 • How do we show others we CARE?  
 • What are some acts of KINDNESS?  
 • FRIENDSHIP  
 • RESPECT  
 • HONOR  
 • CARING  
 • LOVE  
 • PATIENCE  
 • FAITHNESS  
 • KINDNESS

**Marcus** raked the yard!

**Todd** scored a winning touchdown.

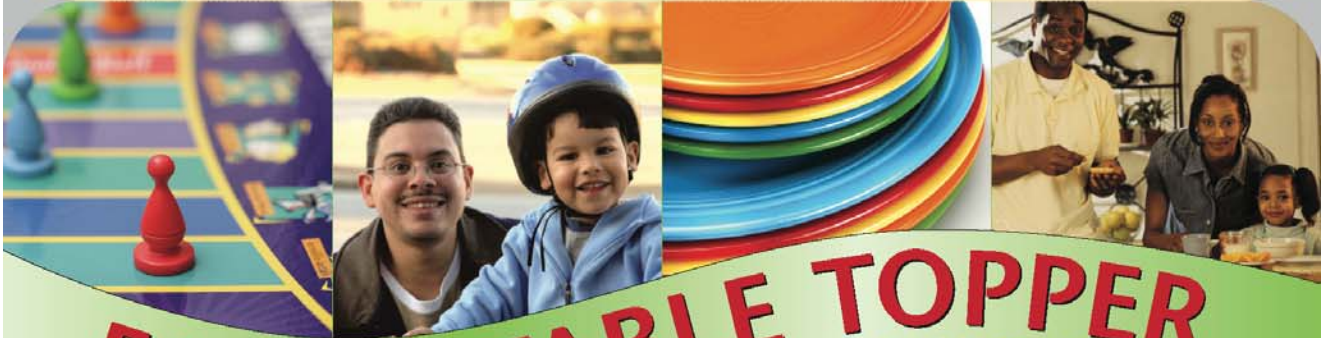
These spaces are to note special things that happen that make your family proud or happy.

**Family** trip to the zoo.

Draw or Tape a family picture here.

(YOUR FAMILY NAME)

Award stickers are given for TRYING a new fruit or vegetable and for choosing milk or water. Put family member initials on stickers. Line the edge of the topper with awards. Use two rows for lots of awards.



# FAMILY TABLE TOPPER WITH SPECIAL FAMILY TRACKER

## Ideas for Indoor Family Time

- Sing
- Color
- Make a kite
- Play cards
- Read together
- Watch a family video
- Build a fort
- Plan a trip
- Make sandwiches together
- Dance
- Play board games
- Play chorades
- Visit a sick friend
- Make birthday cards with paper and markers
- Work on a grocery list
- Clip coupons
- Make a list of favorite foods
- Play with blocks
- Work puzzles
- Play with Playdoh and cookie cutters
- Organize your drawers
- Go to the library
- Have a scavenger hunt
- Play "I spy"

What else can you think of?

## Ideas for Outdoor Family Time

- Plant flowers
- Walk to the store
- Wash the dog
- Play hopscotch
- Play basketball
- Take a walk
- Go fishing
- Play touch football
- Climb a tree
- Go stargazing
- Collect rocks
- Go camping
- Bike
- Swim
- Paint outside
- Draw with chalk on the sidewalk
- Blow bubbles
- Go on a picnic
- Drive to a park
- Go berry picking
- Pick up litter
- Rake the leaves
- Birdwatch
- Watch ants
- Play "I spy"
- Swing
- Collect bugs
- Name colors you see outside
- Listen to noises outside
- Wash the car
- Plant a small garden, repot a plant

What else can you think of?

## How to Start Family Mealtime

- Hold a family meeting to talk about the idea
- Show stickers and the Table Topper
- Decide what day to start
- Plan menus
- Begin
- Keep going, make this part of your family routine



## Use the Family Table Topper to help with discussion topics.

When people begin to talk, listen and say how interesting it is, or ask more questions—How did you feel about that? How did you solve that problem? How can I help you with that? Do you want to talk about it more?

- What was the funniest thing that happened to you today?
- What did you like best (worst) at lunch today?
- What are you looking forward to this week?
- What disappointed you today?
- For younger children: Look at your dinner plate and discuss color, texture and shape. (What color is the broccoli? Is it rough or smooth? What shape is an apple?)
- What can we do together after dinner?

NC COOPERATIVE EXTENSION

NCSU AND NC A&T



## Using the Monthly Tracker

- Each month is divided in half.
- Half of the month is for family indoor and outdoor activities.
- Half of the month is for family mealtime.
- The numbers represent the days of the month.

- Color in each day that the family eats together.
- Color in each day that the family does an activity together besides eating together.
- Total each month at the bottom.
- Share your chart with your educator.
- Praise your family for progress.

SAMPLE	JANUARY		FEBRUARY		MARCH		APRIL		MAY		JUNE		JULY		AUGUST		SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER	
Family Meals Family Activities	Family Meals	Family Activities	Family Meals	Family Activities	Family Meals	Family Activities	Family Meals	Family Activities	Family Meals	Family Activities	Family Meals	Family Activities	Family Meals	Family Activities	Family Meals	Family Activities	Family Meals	Family Activities	Family Meals	Family Activities	Family Meals	Family Activities	Family Meals	Family Activities
1	■																							
2	■	■																						
3	■																							
4	■	■																						
5	■																							
6	■	■																						
7	■	■																						
8	■	■																						
9	■	■																						
10	■																							
11	■	■																						
12	■																							
13	■	■																						
14	■	■																						
15	■	■																						
16	■	■																						
17	■																							
18	■	■																						
19	■	■																						
20	■	■																						
21	■																							
22	■	■																						
23	■	■																						
24	■	■																						
25	■																							
26	■	■																						
27	■	■																						
28	■																							
29	■	■																						
30	■																							
31																								
Total	Meals: 19	Activities: 13	Meals:	Activities:	Meals:	Activities:	Meals:	Activities:	Meals:	Activities:	Meals:	Activities:	Meals:	Activities:	Meals:	Activities:	Meals:	Activities:	Meals:	Activities:	Meals:	Activities:	Meals:	Activities:

**Family Values**

---

---

---

---

---

**Family Mealtime Goals**

---

---

---

---

---