



FAMILY MEALTIME FACEBOOK CHALLENGE

OCTOBER 2-27

Family mealtime has become scarce, when it should be routine and fun, family bonding time! Research has found that there are physical, mental and emotional benefits of regular family mealtime. So the Bastrop YMCA, TX A&M AgriLife and Roscoe State Bank have partnered together to shed some light on why it's so important, plus give families a goal to help create healthy habits!

It's a Facebook promotion that will encourage families to sit down at the table together at least once a week for a meal. We're starting small in an effort to create healthy habits that last a lifetime. To participate in the promotion to win prizes, families will post pictures of their family mealtime along with a positive comment with the hashtag: #BastropFamilyChallenge. Examples of comments could be: "We had a great family conversation tonight at dinner!" or "Johnny finally tried green beans and loved them!"

Some of the specific benefits of family dinners are:

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity

Make sure to follow the Bastrop YMCA, TX A&M ArgiLife Facebook pages for tidbits of helpful information to your family eat healthy!

Participating families will receive a recycle style grocery bag when they post a photo with the hashtag: #BastropFamilyChallenge. Bags are limited to 1 per family. *Each mealtime post will be a submission into the final prize drawing on October 30.* Three families will receive a Texas A&M Extension Dinner Tonight Cookbook and \$100 in program credits to the Bastrop Y!

Each fb post should include:

- Proof of at least one adult and one child in the photo. Does not have to be direct face.
- A comment of encouragement, knowledge or benefit of your family meal time experience.