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The Dinner Bell SEPTEMBER 05, 2023



Eating together is just as important as what you eat. But between busy schedules, picky eaters and meal fatigue, sadly families are eating together less than ever. That is why we started the Family Dinner Night movement. The goal? To help you bring your family together for just one more meal a week. Each week we will provide you real hacks, from real people that will show you just how easy it is to spend that quality time with your loved one's over a great meal.

Eat Together, Thrive Together!

September Recipes

We know September is a busy month with all the kids going back to school. Also take into account if your kids play sports, those practices and games are gonna make it hard to schedule dinners with the family. That's why this month we are featuring recipes that are focused on being quick, easy and nutritious!

[Click for Recipes](#)



The Perfect Playlist

Let us create the soundtrack for your Family Dinner Night
We have scoured the music streaming channels to create the **Perfect** Playlist for any occasion.

[Download Playlist](#)



Conversation Starters

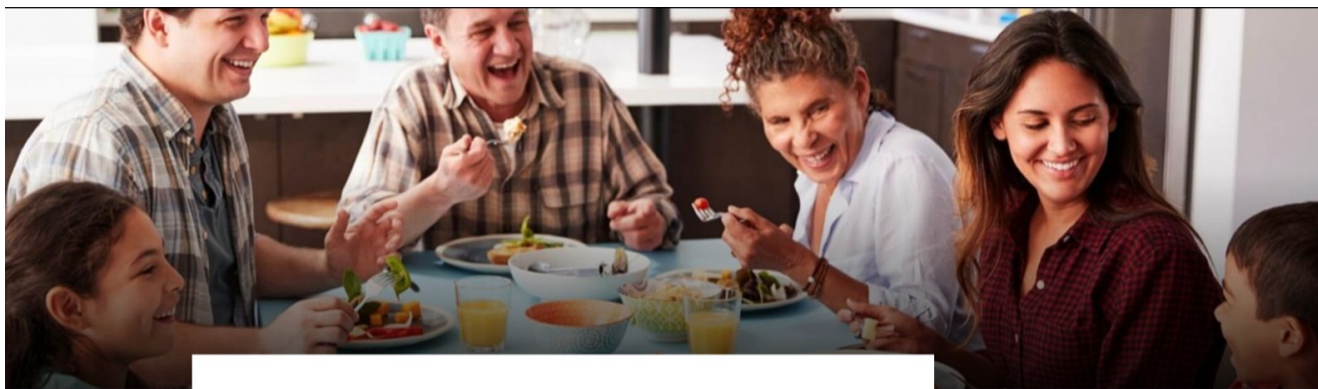
There is a lot going on this month. Let us help you get the convo started with relevant and timely topics that the entire family can contribute to. From current events in the news to what's going on in pop culture, we will arm you with the tools to begin the dinner table talk!



Children learn far more words during dinner than in any other setting

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Healthy Meals Together with Family

When was the last time you sat down with your family at the table and shared food and conversation, without TV, tablets or phones? For most families, it's probably been a while...

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Games the Entire Family Can Play

We have made a collection of family friendly games that will be sure to encourage participation from everyone at the table!

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