

Make Your Table a Screen-Free Zone

Food advertisements can influence children to eat more and prefer less healthy foods and beverages.

The distraction from screens can also make it difficult for children to recognize the signals that their body is hungry or full. The Canadian Paediatric Society recommends screen-free family meals.



Use these tips for meal and snack time:

- Make your table a screen-free zone.
- Make meal and snack times a place to connect and share.
- Offer children vegetables and fruit each day.
- Make water available at all meals.