

PSA 4: New Rules for Mealtime

30-second:

MOM – Eating dinner together is a great way to catch up as a family. On those nights I usually get the kids to set the table or make a salad. At first I got complaints, but now I think even my children enjoy it. They want to be first to tell me something -- and I can hear the whole story. Sitting down together helps us to eat better -- even if it only happens once a week.

NARRATOR –*You* can make a difference. Eat Smart. Play Hard™. And, when you do, your kids will too! A challenge from USDA.