

Family Around the Table

A little planning, a lot more togetherness

Choose a rhythm

- ☐ Choose a recurring day or a special meal
- ☐ Invite guests and ask about practical needs
- ☐ Pick one easy main dish and simple sides
- ☐ Ask one person to help with setup

Make room for everyone

- ☐ Plan comfortable seating for all ages
- ☐ Involve children and older relatives in small ways
- ☐ Keep the menu manageable and flexible
- ☐ Leave time for conversation and memories

Start a simple tradition

- ☐ Ask who taught a favorite family recipe
- ☐ Write down a meaningful food memory
- ☐ Try one lighthearted dinner-table question
- ☐ Note one tradition to repeat next time

REMEMBER WHAT MATTERS

The goal is a welcoming table and time together—not a perfect event.
For food safety, check current guidance at [FoodSafety.gov](https://www.foodsafety.gov) before serving.

Family Dinner Notes

Write it down, share the work, and enjoy your people.

Next gathering:

Place and time:

Guests invited:

One tradition:

Menu / contribution	Who helps?	Preparation note

One thing I want people to remember about this gathering: