

## Georgia Association of Family and Consumer Sciences

NEWS RELEASE: Immediate  
Columbus, Georgia  
Kill Date: December 4, 2016

CONTACT: Rhea Bentley, CFCS  
Vice President for Public Affairs  
rbentley@uga.edu

### A Family Meal a Day May Keep Obesity Away

With obesity at an epidemic level, all look for easy solutions. There is something simple families can do to be healthier . . . prepare and eat a nutritious meal together. . . **“Dine in for Healthy Families”**.

Governor Deal has proclaimed December 3, 2016, as “DINING IN DAY” in Georgia. Mr. Deal has been invited to participate by Dining In with his family.

The Georgia Association of Family and Consumer Sciences (GAFCS), an affiliate of the American Association of Family and Consumer Sciences, urges families who live and work in Georgia to join the hundreds of thousands of families across the nation who will “Dine In for Healthy Families” and prepare and eat a meal together on December 3, 2016.

Research shows these benefits of “Dining In”:

- Decrease the likelihood your family will be overweight or obese,
- Save your family money,
- Improve your family relationships, and
- Increase your family’s consumption of healthful foods.

Here are some tips for “Dining In”:

- Prepare a simple dinner like soup and sandwich.
- Use a slow cooker to save time in the evening.
- Spice up the meal with a theme: breakfast for dinner, one-pot dinner, winter picnic in the family room, or international night.
- Make family meals fun and include children in food preparation.
- Eliminate distractions like cell phones and TV.
- Eat slowly and enjoy your time as a family.

“**Dining In Day**” was begun by the American Association of Family and Consumer Sciences to honor AAFCS founder Ellen Swallow Richards, first female graduate and faculty member of MIT, as a celebration on her birthday, December 3rd.

Make a commitment to “Dining In” on December 3rd by going to the AAFCS website ([www.aafcs.org/FCSDay](http://www.aafcs.org/FCSDay)) to sign up and see family meal-related websites and articles.

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UGA Extension Columbus / Muscogee County  
420 10<sup>th</sup> Street, Columbus, GA 31901 | 706-653-4200

[extension.uga.edu](http://extension.uga.edu)