

National Eat Together Week Dinnertime Pledge

THIS AGREEMENT is made and enter into this _____ day of _____, 20_____,
by the members of the _____ household.

1. We, the _____ household, agree that during this National Eat Together Week (NETW), we will sit down together to share a meal as a family, at least four times during the week.
2. We, the _____ household, agree to make meals memorable for more than what is on the menu. We pledge to establish a quiet place for meals and make a habit of temporarily eliminating interruptions such as telephone, television, and toys.
3. We, the _____ household, agree to contribute to the creation of the grocery list and menu plan. We will remember to practice good nutrition with fruits and vegetables.
4. We, the _____ household, agree to throw away the old rules of calendar holidays and make family dinner a time to mark milestones. We agree to pull out the stops and use candles, table decorations and easy themed meals to acknowledge big days - from birthdays to test days - with meaningful family time together.
5. We, the _____ household, agree to work as a team for meal preparation and cleanup. We agree to share duties by searching for recipes in cookbooks and online, setting the table, washing the vegetables and washing the dishes.

We have read and understood this entire contract, and we agree to be bound by its terms.

Household Members:



 TheOtherWhiteMeat.com



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