

Month _____

Daily Family Meals Record



Circle the number of meals your family ate together each day (maximum of 3 per day).

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total |
|--------|--------|---------|-----------|----------|--------|----------|---|
| 1 | 1 | 1 | 1 | 1 | 1 | 1 | <i>Total family meals for the week</i> _____ |
| 2 | 2 | 2 | 2 | 2 | 2 | 2 | _____ |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | _____ |
| 1 | 1 | 1 | 1 | 1 | 1 | 1 | <i>Total family meals for the week</i> _____ |
| 2 | 2 | 2 | 2 | 2 | 2 | 2 | _____ |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | _____ |
| 1 | 1 | 1 | 1 | 1 | 1 | 1 | <i>Total family meals for the week</i> _____ |
| 2 | 2 | 2 | 2 | 2 | 2 | 2 | _____ |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | _____ |
| 1 | 1 | 1 | 1 | 1 | 1 | 1 | <i>Total family meals for the week</i> _____ |
| 2 | 2 | 2 | 2 | 2 | 2 | 2 | _____ |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | _____ |



Visit Eat. Talk. Connect! at www.DakotaCounty.us (search ETC) for resources and tips to make your family meals simple, nutritious, and enjoyable!

To be eligible for prize drawings, we must receive this calendar by the 1st of each month. If submitting by mail, send to:
Dakota County Public Health – ETC!, 1 Mendota Road W. Ste. 410, West St. Paul, MN 55118-4771.

(Fold on the lines and tape securely)

Place
Stamp
Here!

Dakota County Public Health, ***ETC!***
1 Mendota Rd. W. - Suite 410
West St. Paul, MN 55118-4771