

# FCCLA

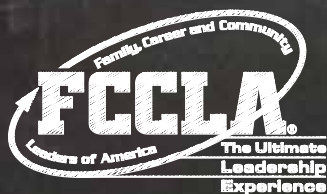
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# TABLE



STRONGER FAMILIES  
ONE MEAL AT A TIME

An initiative of Family, Career and Community Leaders of America



#FCCLAatTheTable



# Sharing meals together offers families a smorgasbord of healthy – and happy – benefits that last a lifetime

The leisurely family meal, a staple for countless generations of Americans, has been taken off the table by the cold realities of 21st Century lifestyles. Parents and guardians juggle long work days, daily commutes, their children's after-school activities, and endless demands of running a household. There simply just isn't time.

But, families that eat meals together reap long-term benefits that feed the body, mind, and spirit.

And that's why Family, Career and Community Leaders of America (FCCLA) is launching a national campaign – **FCCLA @ the Table™** – by asking its 200,000 members to take a pledge to plan and prepare healthy meals for their families.

Children from families who eat together on a regular basis are more likely to have family support, positive peer influences, and positive adult role models.

(Fulkerson, Neumark-Sztainer & Story, 2006)



## Why this initiative? Why now?

Research about families sharing meals together is compelling:

- Regular family meals promote healthy eating habits<sup>1</sup>
- Eating dinner together improves academic performance in school: 52% of children are mostly "A/B" students when their families eat dinner together up to twice a week. The percentage jumps to 64% when they share five to seven meals weekly.<sup>2</sup>
- Family ties, such as family dinners, create a bond between guardians and their children. Compared to teens in families with strong ties, teens in families with weak ties are four times more likely to have tried tobacco and marijuana, and almost three times likelier to have tried alcohol.<sup>3</sup>

# Join us @ the table!

Over the past 70 years, FCCLA has been fortunate to partner with businesses, organizations, foundations, and governmental agencies. These entities have given generously of their time, talent, and treasures, underwriting FCCLA's initiatives that help youth, families, and communities across the country.

Pull up a seat at the table and help us empower and teach countless youth leaders as they build stronger families one meal at a time.

## Presenting - \$5,001+

- Representative participation in 2015 National Leadership Conference events
  - Ribbon cutting ceremony
  - Logo on banners and ads at the National Leadership Conference events
  - Logo on all general session promotional pieces for **FCCLA @ the Table™**
  - Stage presence with federal leaders
  - Participation in National Press Club event
  - Logo placement on all collaborative promotional pieces
- Support national award and co-present to winners at the National Leadership Conference
- Representation on **FCCLA @ the Table™** advisory task force
- All benefits of other levels of sponsorship

## Platinum - \$5,000

- Partner of the Month recognition
  - Placement in monthly **FCCLA @ the Table™** Newsletter
  - Opportunity to promote co-branded resource on **FCCLA @ the Table™** webpage
  - Opportunity to present webinar to FCCLA advisers
- Opportunity to submit a family menu plan
- Opportunity to participate in social media promotion of **FCCLA @ the Table™**
- Representation on **FCCLA @ the Table™** advisory task force
- All benefits of Gold and Silver levels of sponsorship

“Cooking is at once child's play and adult joy. And cooking done with care is an act of love.”

- Craig Claiborne, food journalist

## Gold - \$3,000

- Opportunity to provide resource in attendee bags at FCCLA National Meetings (2014 Cluster Meetings and 2015 National Leadership Conference)
- Logo in ad at National Leadership Conference Program
- All benefits of Silver levels of sponsorship

## Silver - \$1,000

- Logo on FCCLA @ the Table™ webpage

## Ready to join us @ the table?

Visit [www.fcclaatthetable.org](http://www.fcclaatthetable.org), or email us: [atthetable@fcclainc.org](mailto:atthetable@fcclainc.org). We can't wait to have you at the table.

Conversation is the secret ingredient of an enjoyable family dinner. Here are some questions to kick start the evening, tighten your bonds and create some memorable moments:

If you could take any trip or vacation to any destination, where would you go and what would you do there?

How would you describe a perfect day?

If someone made a movie of your life, who would play the starring role and why?

If you could go back to any moment in your life and re-live or re-do it, what moment would it be? Would you simply experience it again, or would you do something differently?

What do you want to be when you grow up?



If you could change anything in the world, what would you change and how?

What was the best gift you've have received? The best one you've ever given?

## Stronger families, one meal at a time

The **FCCLA @ the Table™** initiative is straightforward: FCCLA members, representing 6th to 12th Grades, will take a pledge to plan and prepare a meal for their families. It can be a one-time commitment or more. Members can pledge to create a meal one time, or on a regular — even monthly — basis over a year's time.

The culinary stakes needn't be high. You can prepare a simple dinner, like soup and sandwiches. Those comfortable in the kitchen can plan more elaborate meals. The most filling aspect of the evening will be a family sitting down together and enjoying a meal served with plenty of conversation and laughter.

The events can be spiced up with special themes: breakfast for dinner, international night, one-pot dinners, pasta with your choice of sauces, or a winter picnic in the living room. The choices are endless.

And the experience needn't end when the dishes are done. If time permits (and homework is done), the family can enjoy a walk around the neighborhood, a board game or a favorite film. By sharing the experience, parents and their children are building deeper bonds, cultivating a greater appreciation for each other, and creating memories of a life well lived.

In addition, the initiative will get young people preparing meals, an essential life skill no matter what their eventual profession. It also will give them a clear picture of what constitutes a balanced, healthy meal and challenges them to pull it off with time and budget constraints.

“After a good dinner one can forgive anybody, even one's own relations.”

- Oscar Wilde, playwright



### Sources

<sup>1</sup>“Regular Family Meals Promote Healthy Eating Habits,” Science Daily (Nov. 18, 2004)  
<http://www.sciencedaily.com/releases/2004/11/041116232104.htm>

<sup>2</sup>“The Importance of Family Dinners,” The National Center on Addiction and Substance Abuse at Columbia University (September 2010; Page 4)  
<http://www.casacolumbia.org/download/file/rid/368>

<sup>3</sup>“The Importance of Family Dinners VI,” The National Center on Addiction and Substance Abuse at Columbia University (September 2010; Page 8)

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# Why is FCCLA at the head of the table?

Family, Career and Community Leaders of America is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work and societal issues through Family and Consumer Sciences education. FCCLA has nearly 200,00 members and 4,700 chapters from 49 state associations, Puerto Rico, and the Virgin Islands. The organization has involved more than 10-million youth since its founding in 1945.



Since its beginning nearly 70 years ago, FCCLA has focused on the multiple roles of family member, wage earner and community leader. Supporting strong, healthy, and happy families is one of FCCLA's core values. Two of its national peer education programs — Families First and Student Body — provide teens with the skills to accomplish these goals while becoming leaders for today and tomorrow.

## Let's get cookin'!

FCCLA will provide the resources students need to make their **FCCLA @ the Table™** pledge a reality. They include:

- A website featuring comprehensive ideas for dinners and “themes” that will appeal to an audience of varying tastes. The recipes will be easy to make and not involve extensive — or expensive — ingredients or preparation.
- Basic food safety information, so that the students can prepare meals with confidence and in good health.
- Cross-platform showcases – from Instagram to Pinterest – that share the students’ efforts and inspire others to “take the pledge.”



Families who ate dinner together every day consumed an average of 0.8 more servings of fruits and vegetables compared to families who did not eat dinner together. These families also had higher intakes of important nutrients, and they were less likely to eat unhealthy fried foods and drink soda.

(Rockett, 2007)

