

Village InCK News



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November 2023

The Benefits of Eating with Family at the Table:

Upcoming Events

Heritage Festival, Southeastern Illinois College-November 4th and 5th at 10:00am-4:00pm

Sensory Bottle Craft, Eldorado Public Library-November 7th at 5:30pm

Holiday PACE-Eldorado High School Cafeteria- November 9th at 5:30-7:00pm

Christmas in the Courtyard, Story Hour, Shawneetown Public Library-November 2nd and 15th at 1:00pm

Family Reading Night, Shawneetown Public Library- November 16th at 5:00pm

Cowboy Christmas Parade, Grayville-November 25th at 6:00pm

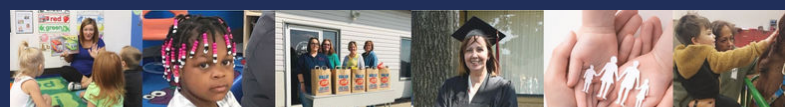
Harrisburg Courtyard-November 30th at 5:00 to 8:00pm

Family Togetherness – Provides a sense of belonging in the family. Eating meals together has the potential to strengthen family bonds as it provides a daily time for the whole family to be together. For younger children, routine family meals can provide a sense of security and a feeling of belonging in the family. Older children and teenagers, too, prefer eating together as a family. In recent studies, 71% of teenagers said they consider talking, catching-up, and spending time with family members as the best part of family dinners.

Communication and Education – Provides opportunities for families to develop better communication skills, and provides parents with the opportunity to teach social skills, table manners and basic cooking skills. Studies have proven that there's a significant link between family dinners and academic performance. Children who have between five and seven family dinners per week were twice as likely to report receiving mostly A's and B's in school.

Wellbeing and Happiness– Regular family meals are related to better adjustment in children and youth. When a child is given permission to self-regulate their meal portions/intake, they tend to stay attuned to their bodies hunger-satisfy signals and are more positive about eating. When children eat with their parents regularly, they are more likely to be emotionally strong and have better mental health. Moms who eat with their families are found to be happier and less stressed.

Nutrition – Families that eat together are more likely to eat healthier foods, dine out less and are more likely to serve fruits and vegetables. Their diets also have higher amounts of many key nutrients, like calcium, iron, and fiber. Family dinners allow for both "discussions of nutrition [and] provision of healthful foods."



Head Start/Early Head Start • LIHEAP/Utility Help • CSBG
WIOA • Homeless Prevention • Food Assistance
Rental Housing Support

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WADI is a Community Action Agency and charity organization. Community Action equips low-income citizens with the tools and potential for becoming self-sufficient. The structure is unique – multiple funding sources are used locally to offer programming that is specifically needed in our local communities. It is a

coordinated effort to address the root effects of poverty and to, ultimately, move families and individuals to self-sufficiency. Poverty is viewed as a systemic problem and Community Action is a systems approach to resolving those issues. WADI is committed to supporting the working impoverished, supporting the economically disadvantaged facing crisis, strengthening the whole family, and strengthening the whole community.

WADI is a Community Action Agency serving Southern Illinois in the counties of Edwards, Gallatin, Hamilton, Saline, Wabash, Wayne, and White.