



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

INSTRUCTIONS for HEALTHY FAMILIES CARDS

To print and create cards:

- Download 2 pages of CONVERSATION STARTERS or SCREEN-FREE TIPS. Files are PDFs – read with Adobe® Acrobat Reader.
- Print the 2 pages [back-to-back \(double-sided\)](#) on paper or card stock and cut along dotted lines. The cards will have the Eat Right Montana logo on one side and the tip on the other side.

To use cards with your family:

- **SCREEN-FREE TIPS:** Place cards in a small bowl or cup – perhaps near your TV. When you want to enjoy some screen-free time – but don't know what to do, choose a card and follow the instructions, as creatively as you would like.
- **CONVERSATION STARTERS:** Place cards in a small bowl or cup in the center of your table. Take turns choosing the card at a meal. Read the question – and let the conversation begin! If you run out of steam with one topic, choose another card.

To expand your card collection:

- If you like these cards – but would like more ideas, make your own cards as screen-free activity and let children decorate them. Making personal family cards is the best way to get your family really involved in screen-free time and mealtime conversations.
- If you want more conversation starters, check out free cards on these sites:

<http://crhweb.uwyo.edu/WinTheRockies/FamilyMealtimes.asp>

<http://nutrition.wsu.edu/ebet/toolkit.html>

www.humec.ksu.edu/fnp/displays/mealtime/activities/conversation_cards.pdf

NOTE: TABLE TOPICS® sells conversation cards at: www.tabletopics.com/