

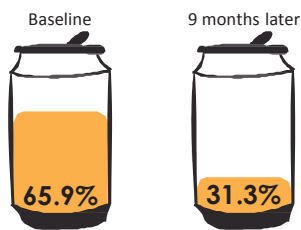
The results are in! Sunday Suppers makes BIG impact on families in need

Who We Are

Sunday Suppers is an innovative program that demonstrably improves the health and well-being of families by re-introducing the family meal, with related supports. A new evaluation of Sunday Suppers confirms that our program is making a big difference for families in need. How? By supporting healthier food purchasing and preparation, and encouraging family meals.

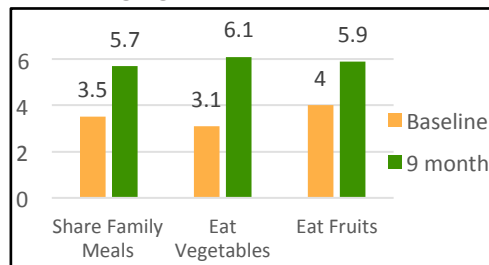


Sugary Drink Consumption

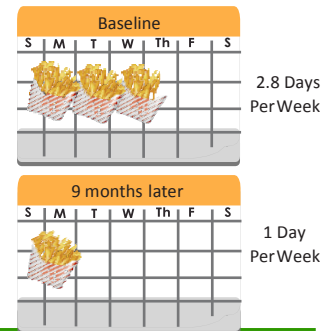


Sixteen families (72 individuals) attended the nine-month program in 2015–16.

Average Days Per Week Participants Engage in Healthy Activities



Fried Food Consumption



Our most recent group of Sunday Suppers families showed these dramatic improvements:

- Drank fewer sugary beverages
- Ate more fruits and vegetables
- Baked more, fried less
- Shared family meals more often
- Reported more time engaging in family conversations that strengthened bonds
- Deepened interpersonal and community connections

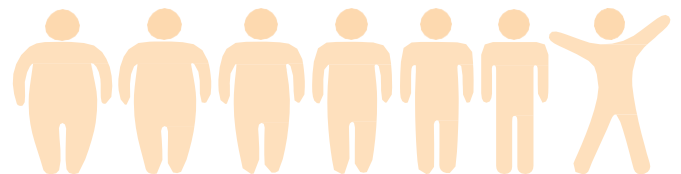
Families attributed these positive improvements to their participation in Sunday Suppers.



Family Meals Matter

The cornerstone of Sunday Suppers is the **family meal**, which promotes good health and important family connections. Eating together provides an opportunity to relax, reconnect and develop closer bonds. Kids and teens who share family dinners 3 or more times per week are:

- Less likely to be overweight/obese
- More likely to eat healthier foods
- Stronger academically
- Less likely to engage in risky behaviors (drugs, alcohol, sexual activity)
- More likely to have better relationships with their parents and others
- More likely to have fewer emotional and behavioral problems and higher self esteem



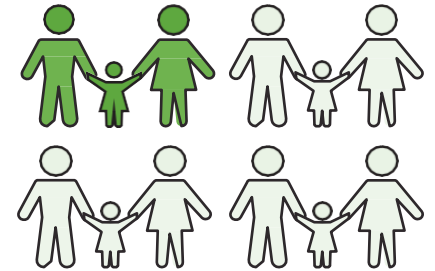
Despite these benefits, many families don't regularly share family meals. In the past 40 years, the amount Americans spent on take-out foods increased 58%. During the same period, rates of obesity more than doubled.

Helping Families

Nationally, 13 percent of Americans lack access to affordable food. Here in Philadelphia, that number is almost 1 in 4. Families who are food insecure have a greater risk of diabetes, asthma, and obesity, and are less likely to consume fresh produce and more likely to drink soda. Sunday Suppers helps families make positive, sustainable changes in what they eat and drink, and how they prepare food.

These changes contribute to the reduction of negative health consequences associated with limited access to healthy food.

22% of families
face food insecurity in Philly and
need tangible support to prepare
healthy meals on limited budgets.



How Does Sunday Suppers Work?

Families gather each week for a family meal and commit to regularly attending for a nine-month period. It takes time and repetition to change behaviors and learn new skills. Each meal starts with an interactive program featuring nutrition tips for limited budgets, hands-on cooking lessons, fun exercise routines and more to help participants reach and sustain their goals. Families then enjoy a healthy three-course meal served in a restaurant-style atmosphere. Meals include fresh vegetables, lean proteins and fruit. Meals and cooking lessons celebrate traditional and familiar foods while introducing the new. Participants are encouraged to try all foods at each meal. And to foster family conversation, all cell phones are turned off.



At the end of the meal, all participants receive a “to go” bag with all the ingredients and a simple recipe to make that night's dinner at home. Volunteering and a community garden round out the program. In programs with similar goals, the lack of kitchen equipment is often overlooked. This is addressed at Sunday Suppers by providing essential (mostly donated) kitchen items, thereby removing yet another barrier to eating healthier.

Sunday Suppers is eager to expand our program into more communities. If you are interested or want to learn more, contact:

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