

# Sunday Suppers

Linda Samost 16 November 2016

Sunday Suppers is an innovative program that demonstrably improves the health and well-being of families by reintroducing the family meal, with related supports. A new evaluation confirms that Sunday Suppers is making a big difference for families in need by supporting healthier food purchasing and preparation, and encouraging family meals. A recent survey of program participants showed meaningful decrease in consumption of sugar beverages, increase in consumption of fruits and vegetables, a shifting preference to baked over fried foods, an increase in shared family meals, better and more frequent family engagement, and strengthened interpersonal and community connections. The benefits of these changes are myriad, and are summarized in this report.

[Click here for the full report!](#)