



# WithAll

*Family Mealtime Challenge*



## **How do I participate?**

1. Share a meal as a family (or with other loved ones) and snap a pic of you all enjoying a meal together.
2. Share the picture on social media and challenge a friend to take the challenge too. (Flip over for templates to make it easy!)
3. Help your friend follow through by sending them a deck of WithAll Mealtime Convo Cards\* at [whattosaynow.org/cards](http://whattosaynow.org/cards).

## **Why should I participate?**

Family mealtimes have profound health benefits for the whole family, especially our kids. Your participation is supporting positive body image and relationship with food for your kids while also supporting the nonprofit WithAll's work to prevent eating disorders and support recovery, a cause important to your friend.

**To learn more about WithAll, visit [withall.org](http://withall.org).**



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## Social Templates

I am proud to be an ambassador for kids having positive body image and relationship with food. I took the WithAll Family Mealtime Challenge – sharing a meal and enjoying WithAll's Mealtime Convo Cards! I'm challenging [name/tag] to take the challenge and am sending [him/her/they] a deck of cards. Get your own deck and take the challenge at [withall.org/familymealtime](http://withall.org/familymealtime). Your purchase supports eating disorder prevention and recovery! #withallfamilymealtime

### **If you're sharing a meal with a non-traditional family.**

Mealtimes together have profound health benefits for all of us. That's why I took the WithAll Family Mealtime Challenge – sharing a meal with [who you shared a meal with – friends, co-workers, roommates] and enjoying WithAll's Mealtime Convo Cards! I'm challenging [name/tag] to take the challenge and am sending [him/her/they] a deck of cards. Get your own deck and take the challenge at [withall.org/familymealtime](http://withall.org/familymealtime). Your purchase supports eating disorder prevention and recovery! #withallfamilymealtime

**To access these digitally and for more information about the challenge, visit [withall.org/familymealtimes](http://withall.org/familymealtimes)**

\*WithAll Mealtime Convo Cards are \$25 and your purchase will support eating disorder prevention and recovery support.