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Benefits OF SHARING FAMILY *Meatime*

1. Improved Mental Health
2. Greater Family Bonding
3. Developmental Growth
4. Increased Physical Health
5. Better Grades
6. Lower Instance of At-Risk Behaviors
7. Enhanced Family Identity and Sense of Belonging
8. Time for Problem Solving and Making Plans as a Family
9. Better Manners
10. Improved Palette
11. Money Savings
12. Closer Walk with God

