Families who cook together eat healthier and live better.

Start your week off right: Make Monday family night!
When kids help prepare dinner, they help prepare themselves for life.

Start your week off right: Make Monday family night!
When kids cook, good conversation comes with good food.

Start your week off right: Make Monday family night!
Kids who cut carrots are less likely to cut class.

Start your week off right: Make Monday family night!
Kids who cook in the kitchen, cook in the classroom.

Start your week off right: Make Monday family night!
When kids cook, they get a taste for teamwork.

Start your week off right: Make Monday family night!