

# Excelsior Springs Families!



## Join the Meaningful Meals Challenge!

Excelsior Springs SAFE is excited to encourage families to share regular meals together throughout the month of March because they build connection, support youth mental health, & reduce risky behaviors.

### Why Meaningful Meals?

Research shows regular family meals are linked to:

- Stronger family relationships
- Better communication
- Improved youth mental health
- Lower rates of youth substance use & risky behaviors

### What Meals "Count?"

- At least one caring adult & one child present
- At least 20 minutes together
- Screen-free (no phones, TVs, or tablets)
- Any meal works — breakfast, lunch, or dinner!
- At home or out — it all counts!

**You don't need a perfect meal  
— just time together.**

### Complete the Challenge!

**STEP 1:** Track 20 Meaningful Meals in March 2026 using the log on the back of this page.

**STEP 2:** Email a photo of your completed meal log to [SafeDFC@gmail.com](mailto:SafeDFC@gmail.com) by April 3<sup>rd</sup>, 2026!

**Three families will be randomly selected to win a \$100 grocery gift card!**

**Submit Your Completed Form by Email by April 3<sup>rd</sup> to [SafeDFC@gmail.com](mailto:SafeDFC@gmail.com)**



**PARENT UP Meaningful Meals**

@ESSAFE

@ParentUp

# SAFE's Meaningful Meals Challenge

## MEANINGFUL MEALS LOG One meal = time together + presence

| Meal # | Date | Meal<br>(B- Breakfast, L-<br>Lunch, D-Dinner) | Who was<br>present?<br>(initials) | 20+ Minutes<br>Together      | Screen-<br>Free              |  We<br>Connected |
|--------|------|---|-----------------------------------|------------------------------|------------------------------|---|
| #1     |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #2     |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #3     |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #4     |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #5     |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #6     |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #7     |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #8     |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #9     |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #10    |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #11    |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #12    |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #13    |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #14    |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #15    |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #16    |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #17    |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #18    |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #19    |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |
| #20    |      |   |                                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes  |

- Entries must be submitted by **April 3<sup>rd</sup>, 2026** to **safedfc@gmail.com**
- One entry per family
- Must live in the Excelsior Springs School District Boundary
- The three winners of \$100 grocery gift cards will be notified by email

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

