

Doable Delights: Dinner With Family

Americans Come To The Table In Unexpected Numbers

(NAPSA)—Hip glossy magazines tell you to get a massage. Your doctor might tell you to take an extended vacation. Your friends might suggest a good, long book.

But how much of this is realistic?

With most of our lives planned out weeks in advance, it can seem difficult, even impossible, to make room for the little things that bring us joy.

But it turns out Americans are making room, especially when it comes to the family dinner.

In a recent survey sponsored by Nestlé Pure Life with Natural Fruit Flavors, 55 percent of Americans 18 and above said that they enjoy dinner with their families every day.

This comes as a welcome surprise to those who thought the days of wholesome, sit-down meals with loved ones had gone the way of bobby socks and Howdy Doody. Despite their increasingly hectic schedules and fast-paced lives, many Americans are carving out time to savor life's simple pleasures.

If you're among the 45 percent of Americans who haven't yet earned your membership in the "Family Diners' Club," here are some tips you can bring to the table:

Tease Your Family With An "Unexpected" Mealtime Component

This might mean serving a "mystery dessert" to be unveiled at the end of the meal, flavored water like Nestlé Pure Life with Natural Fruit Flavors instead of sugary drinks.

Create A Tradition: A Set Mealtime

Whenever possible, have dinner on the table at the same time every night. Try to time it so it catches the bulk of the family as they



A pure, unexpected delight can be the perfect treat to entice family members to the table.

walk in the door. This way, they won't run off and get involved in other activities around the house.

Understand Schedules Change, Be Flexible And Get Creative

Sometimes a family's busy schedule may require a little flexibility and creativity on the chef's part. Try packing a picnic dinner to enjoy on the field after Junior's soccer game. Keep track of after-school activities and anticipated late nights at the office with a dry erase calendar where each family member can scribble his or her schedule.

If you're still having trouble, know that the every day dinner might not work for everyone. You can still catch up before bed with a refreshing beverage and enjoy the quality time so many Americans are experiencing.

For more "unexpected delights," coupons and games, visit www.nestle-purelife.us.