



### **From Your Table: Your Stories Told Your Way**

Do you want to eat together more often with the people you love? We want to hear about it!

**Step 1. Please answer our quick questionnaire below.** Your answers should be up to one paragraph in length for each question (about 75-100 words max).

**Step 2.** We want to see you! **Please take 6 photos** of you and your family as you prepare meals together and sit down at the dining table.

**Step 3. Send** your photos and filled out questionnaire to our **email: [liverightnow@cbc.ca](mailto:liverightnow@cbc.ca)**

Thank you for participating in our From Your Table series. In addition to sharing your story with the Live Right Now community, we will select five to 10 families who will be paired with our dietitian to help make the task of sitting down to eat together an easier one. We'll also check in once in a while to see if eating together makes a difference in your lives.

**Your Name and Family members:**

**Please tell us who is in your photos and what you're preparing:**

**CITY:**

**Questions to answer:**

1. How many people in your family eat together, and why do you think it's important to share meals together?
2. How successful do you feel at sharing meals with your family?
3. How often do you eat with your family?
  - Every day
  - Once a week
  - Once a month
  - Only during holidays and celebrations
  - Other \_\_\_\_\_

4. What are your biggest challenges to sharing a meal with your family? Check as many as applies:
  - Difficulty staying organized: meal planning, budgeting, grocery shopping
  - I have a few picky eaters in the family
  - Dietary requirements
  - I'm not much of a cook so I need recipe ideas
  - Competing priorities with activities and schedules
5. What do you love to eat together as a family?
6. What would help you and your family reach your goals to becoming healthier?
7. Other comments/suggestions you'd like to share with the Live Right Now community (eating goals, lifestyle approach, recurring challenges, etc.):

Thank you for your answers! Please **send us your** response and photos to our **email:** [liverightnow@cbc.ca](mailto:liverightnow@cbc.ca).

Any pictures that you send us may be used across all CBC/Radio-Canada platforms.

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