

# The Dinner Table Pledge

**Parents and children. Brothers and sisters.  
There is no substitute for family!**



*We the undersigned hereby pledge to...*

- Share an evening meal together at the dinner table at least \_\_\_\_\_ day(s) a week.
- Participate in the meal's planning, preparation and cleanup.
- Talk, laugh and tell stories; listen well; and most of all, enjoy each other's company.

We do this in order to nurture not only our bodies, but also our family as a whole.

*Signed,*

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*“You don’t choose your family. They are God’s gift to you, as you are to them.” — Desmond Tutu*



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