Better Together

While we often think of studying together as a way to increase learning and boost grades, we don’t usually associate eating together as a way to achieve A’s in health and happiness. Research has suggested that families who eat together may have lower rates of stress and depression, better academic performance, healthier eating habits, and a greater connection to each other. In college, friends can become your chosen family away from home. Now that classes are back on campus, take advantage of your time together by gathering your friends and heading to a dining location during your next study break (just be sure to follow the CDC guidelines!). Look to the plates below for tips to make your next meal satisfy not only your nutritional needs, but also your social needs.

Mealtimes can be an opportunity to socialize. Dining is a great way to meet new people or to strengthen existing relationships.

It does not have to be dinner! Spend time with friends or family at lunch, breakfast, or during a coffee break.

Not hungry enough for a full portion? Split your takeout with a friend to avoid overeating.

Soak up the sun! If weather allows, step outside to enjoy a fun, socially distanced meal with friends.

Break bread and crack a smile 😊

Revised By: Alice Stejskal
Reviewed By: Dr. Peggy Policastro, PhD, RDN-Dining Services/IFNH

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu.