

Mealtime Manners for a Peaceful & Joyful Table

(A Guide for Families & Future Homemakers)

Before the Meal:

- ✓ **Wash hands** before sitting at the table.
- ✓ **Help set the table**—everyone can pitch in!
- ✓ **Wait until everyone is seated** before starting.
- ✓ **Begin with prayer**—thank God for the meal.

During the Meal:

- ✓ **Use a soft voice**—keep the noise level calm.
- ✓ **Wait your turn to speak**—no interrupting.
- ✓ **Chew with your mouth closed**—no talking with food in your mouth.
- ✓ **Use utensils properly**—no fingers unless it's finger food!
- ✓ **Take small bites**—enjoy your food instead of rushing.
- ✓ **Don't play with food**—respect the meal prepared.
- ✓ **Ask politely for food to be passed**—no reaching over others.
- ✓ **Try a little bit of everything**—don't complain about the food.
- ✓ **Say "please" and "thank you"**—good manners matter!
- ✓ **Drink throughout the meal**—don't wait until the end.
- ✓ **Keep elbows off the table**—sit up straight.

Family-Friendly Table Habits:

- ✓ **No screens at the table**—focus on each other.
- ✓ **Listen when others are talking**—show respect.
- ✓ **Keep hands to yourself**—no touching others' plates.
- ✓ **If you spill, clean it up**—accidents happen!
- ✓ **If you need to leave the table, ask first.**
- ✓ **Wait until everyone is finished before getting up.**

After the Meal:

- ✓ **Ask if you may be excused.**
- ✓ **Scrape food scraps into the trash or compost bin.**
- ✓ **Take your plate to the sink.**
- ✓ **Help clean up the table**—teamwork makes it easier!
- ✓ **Say "thank you" to the cook!**