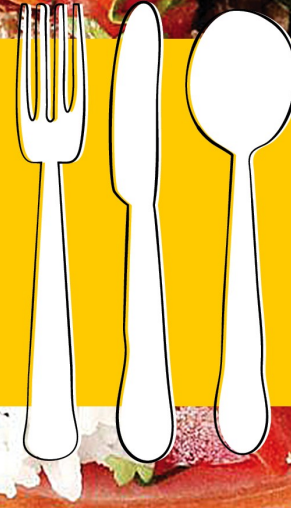


MEALS @HOME

STOP. EAT. CONNECT.

WHY MEALS@HOME?

Families come in all shapes and sizes: Couples with and without children, singles, single parents, empty nesters, roommates, multiple generations under one roof, church families, work families, college and school families, neighborhoods and whole communities. No matter what your family make-up, sharing meals together in an intentional manner and practicing hospitality can strengthen bonds with others and nourish spiritual growth.

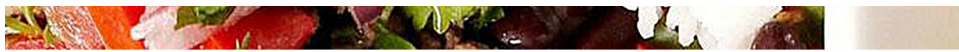


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Family dinners are an opportunity to connect with one another through food, fun and conversations about things that matter. We encourage you to find the family dinner rituals that are meaningful to you. Try these ideas to build relationships with the “families” around you:

Friday Night Meatballs

It’s a simple idea that can work for everyone! Every Friday night (or whatever night works for you), cook up a pot of spaghetti and meatballs, let your friends and families know, and invite the first eight friends who tell you they want to come. The others bring the sides, dessert, etc. Spend time eating, talking and unwinding. Go to fridaynightmeatballs.com to learn more.

Cultural/Themed Dinners

Get together with your friends, neighbors or co-workers and ask them to bring a dish for a specific theme (luau, comfort foods, holiday) or culture. Take it a step further and focus on the countries where NCOC helps out with missions (Nigeria & Honduras) and spend some time praying after the meal for those countries.

Dinner as a Couple

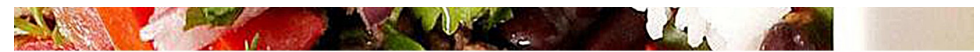
Have someone special in your life that you would like to have more meaningful conversations with at meal times? Use the ideas at thefamilydinnerproject.org/family-starts-with-two and start connecting in a more meaningful way!

Get connected with a small group

Join a small group at Norfolk Church of Christ and gather with that group at least twice a month for dinner and conversation.

Invite Others

Admittedly, many of us want the kinds of friendships that are nurtured over time, yet we find that we’re too busy in our daily lives to spend quality time with either new or old friends. The only solution is to *make time*. Block out a meal time on your calendar once a week and start inviting your friends, neighbors, and coworkers to join you.



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