



Picture Perfect Manners
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Make mealtime with your family a priority even if it's only a few days each week.

How to Have Excellent Table Manners

- Wash your hands before each meal.
- Maintain good posture at the table.
- Always use “Please and Thank you” at the table.
- Napkins are to remain on your lap until the completion of the meal.
- Don't eat until everyone is seated.
- Don't lean back in your chair at the table.
- Chew with your mouth closed.
- Eat slowly, do not shove food in your mouth.
- Talk when your mouth is empty.
- Don't place your elbows on the table when eating.
- Cover your mouth when coughing, sneezing or yawning.
- Don't blow your nose at the table.
- Don't pick your teeth at the table.
- Ask for items to be passed rather than reaching for them.
- Never remove food from your mouth, except bones, seeds and pits.
- Remove your plate and other eating utensils from the table at the end of your meal.