



Table Manners: Be a Mealtime Master!

1. Hands Clean, Always!

Wash up before you sit down. Good hygiene, good company!

2. Sit Tall, Eat Well!

Straighten up! Elbows off the table (mostly!) and get ready to enjoy.

3. Napkin in Lap, Ready to Go!

Unfold and place on your lap. Perfect for quick, quiet wipes.

4. Wait & Ask!

Hold off until everyone's served. A polite "May I begin?" shows respect.

5. Please & Thank You!

Simple words, big impact! Make the table a happy place.

6. Mouth Closed, Please!

No one wants to see (or hear!) your food. Small bites, quiet chews.

7. Try It All (A Little Bit)!

Be adventurous! A small taste is polite. If you don't like it, leave it quietly.

8. Excuse Me, If You Please!

Need to leave? A quick "Excuse me" goes a long way.