

Meal Time Manners

- Don't use technology at the table.
- Use a napkin to wipe your mouth, not your shirt.
- Ask to be excused before leaving the table.
- Wash your hands before eating.
- Chew with your mouth closed.
- Don't talk with your mouth full.
- Don't lean over others to grab food.
- Keep your elbows off the table.
- Use "please" and "thank you".
- Don't put too much food in your mouth.
- Say "excuse me" if you burp.
- Don't interrupt if someone else is talking.
- If you have to leave the table say, "excuse me".
- Use a fork instead of your hands to pick up food unless it's ok to use hands!