

Basic Mealtime Manners “Do Not” List

Out of consideration for those you share a meal with, please:

1. Do not chew food with your mouth open, or talk with food in your mouth.
2. Do not fill your mouth so full that the cheeks bulge while chewing.
3. Do not spear large pieces of food with your fork and then bite off smaller pieces from your fork.
4. Do not let any unpleasant sound leave your body, including sniffing, snorting, smacking or loudly crunching food.
5. Do not lean across the table or reach for an item that intrudes into the space of others.
6. Do not eat with your elbows on the table or slump in your chair while at the table.
7. Do not comment unfavorably about the food or table setting.
8. Do not wave or point with a utensil.
9. Do not continually get up and down from your chair while at the dinner table.
10. Do not play with your food.
11. Do not take helpings so large that little to no food is left for others.
12. Do not take food from a serving plate with your fingers.
13. Do not use inappropriate hand gestures, crude language, or loud and disruptive voice tones.
14. Do not ask a question to a person who is chewing food, taking a drink of water, or talking to another person.
15. Do not use your own silverware when taking food from a shared bowl (or dish) instead of the serving utensils that belong with the food item.

16. Do not intercept or snag food being passed to another person.