

## Focus: Family Meal Campaign



### New Year, New Decade, New Resolutions...

- ★ • Resolve to be realistic: *Choose one or two small ways that you can spend more time with your family!*
- ★ • Resolve to put fun into fitness: *Take small steps toward fitness, exercise together as a family!*
- ★ • Resolve to put taste into nutrition: *Eat foods that give you plenty of nutrition for the calories, such as whole grains, veggies, fruit, low fat dairy and lean proteins!*

### Did you know???



For local produce on a weekly basis this summer, why not consider joining a local CSA. A CSA (community supported agriculture) is a farm which grows local food and provides weekly shares for their members. Usually a spring through fall program, CSA's offer an easy way to get seasonal, local fruits and vegetables for an average of 20-25 weeks from May through October/November. Memberships are purchased in advance for the following season. Once the season begins, shares are picked up on a weekly basis usually at a pre-determined day & time. Here are a few local CSA's in this area:

Blooming Glen Farm, Blooming Glen, PA (Bucks Co.)

[www.bloomingglenfarm.com](http://www.bloomingglenfarm.com)

North Star Orchard, Cochranville, PA  
[www.northstarorchard.com](http://www.northstarorchard.com)

Palovachak's Produce, Doylestown, PA (Bucks Co.) (215) 272-2200

Pennypack Farm, Horsham, PA (Montgomery Co.)

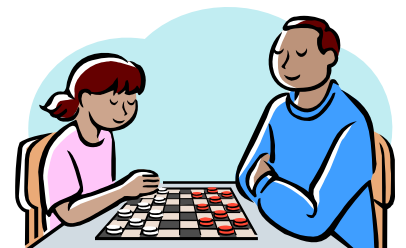
[www.pennypackfarm.org](http://www.pennypackfarm.org)

Please check out local harvest [www.localharvest.org](http://www.localharvest.org) for additional fruit and vegetable farmers in your area.

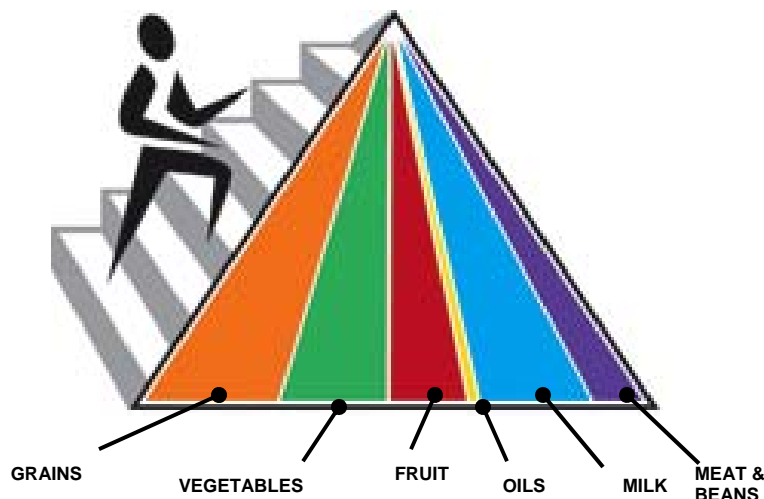
### Make the Most Out of Family Time

With our ever increasing busy schedules, it is easy to lose focus on spending quality time with our families. This year make it a priority to re-connect with your family by setting aside a few hours each week to spend with your family. Mealtimes provide a great time for quality family time; however many parents and children may not have the time with their busy work and extracurricular schedules to sit down and enjoy dinner together. But that doesn't mean that your family needs to miss out on quality time together. The following tips will help your family to re-connect in 2010:

- **Take quality time on the road.** Families spend lots of time in a car driving from one scheduled activity to another. Turn off the cell phones and iPods and use this opportunity to talk to your children. Not sure what to talk about? Visit the following website for conversation starters [http://www.tvland.com/familytable/ft\\_conversation.jhtml](http://www.tvland.com/familytable/ft_conversation.jhtml).
- **Plan a monthly family night.** Play board games or cards, attend a sporting event, visit a local museum or take a family walk through your neighborhood or local park. Take turns allowing each member of the family to be responsible for planning the monthly family night's activities.
- **Look beyond the dinner table.** Family mealtime does not have to be dinnertime. Whether you plan a Saturday afternoon lunch, Sunday brunch, an after-school snack or a mid-week breakfast before work and school - find creative ways to enjoy delicious and nutritious foods with your family..



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## MyPyramid Family Meal Menu:

The cold winter days are perfect for making warm meals in a crock-pot. Using a crock-pot is a great way to prepare meals on even the busiest of days because your family meal is ready by the time you walk in the door! The crock-pot recipes below will help you to prepare simple, tasty and healthy meals to enjoy with your family or friends. *Recipes from Meals Matter, www. <http://www.mealsmatter.org/>*

### Cranberry Pork Roast

- |  |                                      |
|--|--------------------------------------|
| 1-3 pounds boneless rolled pork loin roast | $\frac{1}{4}$ cup honey              |
| $\frac{1}{2}$ teaspoon salt                | 1 teaspoon grated orange peel        |
| $\frac{1}{4}$ teaspoon pepper              | $\frac{1}{8}$ teaspoon ground cloves |
| 1 16 ounce can whole-berry cranberry sauce | $\frac{1}{8}$ teaspoon ground nutmeg |

Cut roast in half and place in a crock-pot; sprinkle with salt and pepper. Combine the remaining ingredients; pour over roast. Cover and cook on low for 4-5 hours or until a meat thermometer reads 160 degrees. Let stand for 10 minutes before slicing.

*Calories 310, Total Fat 6g, Saturated Fat 2g, Carbohydrates 40g, Protein 24g, Calcium 21 mg, Fiber 1 g*

### Crock-Pot Chili

- |  |                               |
|--|-------------------------------|
| 1 pound extra lean ground beef, or ground turkey         | 1 (14.5 oz) can corn, drained |
| 1 cup chopped onion                                      | 2 Tablespoons chili powder    |
| 3 (14.5 oz) cans diced tomatoes, undrained               | 1 Tablespoon cumin            |
| 1 (14.5 oz) can tomato sauce                             | 1 cup salsa                   |
| 1 (14.5 oz) can great northern beans, rinsed and drained |                               |
| 1 (14.5 oz) can red kidney beans, rinsed & drained       |                               |

Brown ground beef and onion in a skillet until cooked through, drain and pour into a crock-pot. Add the rest of ingredients in crock-pot, stir. Cook on low for 8 hours.

*Calories 324, Total Fat 10g, Carbohydrates 45 g, Protein 19g, Sodium 593 mg, Fiber 10.4 g*