

Focus: Family Meal Campaign



★ **Mark Your Calendars! Family Day is Monday September 28th.** ★

★ Family Day—"A Day to eat Dinner with Your Children". Family Day is a widespread movement that has
★ been established by the Center of Addiction & Substance Abuse (CASA), in 2001 to emphasize to par-
★ ents that frequent family dinners make a difference! CASA has found that kids who have regular fam-
★ ily meals are less likely to smoke, drink, or abuse drugs¹. So save the date and enjoy your Family Day! ★



Benefits of Family Meals:

- You eat.
- You talk.
- You listen.
- You laugh.
- You learn.



The importance of family meals.

- Families these days are extremely busy. It is important to sit down and schedule a day or days that your family can commit to. Set aside some time and mark your calendar so that everyone knows.
- Discuss the menu! Let everyone know what will be served at dinner. Let your family choose how much they would like to eat or whether they will decide to eat. Don't be too quick to serve individual dishes. This will only encourage family members to say "no" to the main meal.
- When you sit down for you meals, have a table for your family to come to. Make sure there are enough chairs for everyone & eat facing each other.
- Talk to each other! Keep your discussions age appropriate, ask open-ended questions, & listen to each other².

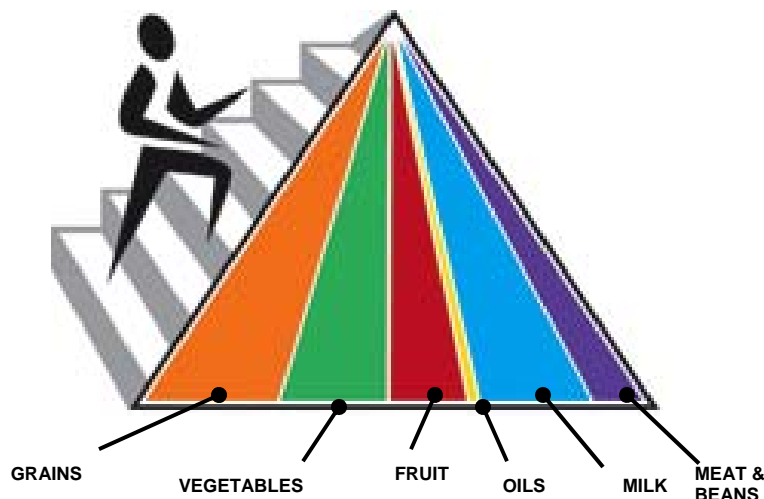
5-2-1 Almost None!

Nemours has developed a "formula" for a healthy lifestyle; **5-2-1 Almost none!** By remembering and following this formula you and your family will be on your way to live a healthy and physically active lifestyle³.

- ♥ **5 servings or more of fruits and vegetables.** Fruits and vegetables are full of nutrients and are naturally low in calories and fats. They are full of fiber and water, which makes them filling.
 - Offer new fruits and vegetables. ** It can take kids more than 10 tries for them to like new food
 - Have fruits and vegetables in sight; pre-cut fruits & vegetables to make it easier for kids to eat
 - Get the kids involved! Have your child help you with the washing, drying, chopping, and cooking! Kids LOVE to eat what they help make
- ♥ **2 hours or less of screen time**—this includes TV, video games, and recreational computer time. Today many US children spend at least 6 hours a day in front of a screen!
 - Encourage reading & crafts
 - Give your child screen time allowance
 - Do family activities
 - Turn off the TV during dinner & use that time to share your day with the family
- ♥ **1 hour or more of physical activity.** Children need at least one hour of physical activity every day. Continuous activity will help create strong & healthy hearts, bones, and muscles and to achieve or maintain a healthy weight. Those who are active may have a better ability to learn, feel more lively, and sleep better.
 - Some examples of physical activities: exercise videos/ video games ie: Wii or Dance Dance Revolution, sports, dance, etc
- ♥ **Drink Almost no sugary beverages.** Soft drink consumption has more than doubled since 1971. Sugary beverages include regular soda, non-100% fruit juice, lemonade, sweetened iced teas, sports drinks, and coffee beverages. They also contain very little nutritional value.
 - Choose water, fat free milk, 1% milk, or 100% fruit juice (limit 100% juice to ½ a cup a day).
 - Fat free milk and 100% fruit juice are rich in vitamins, minerals, and other nutrients.

****Remember, be a role model! If you follow this healthy "formula" chances are your family will follow too!****

MyPyramid.gov



MyPyramid Family Meal Menu:

The cool, crisp Fall days are upon us. What better time to prepare a warm, tasty & healthy soup for your family to enjoy together. Try the following Minestrone recipe along with a side salad and glass of low-fat milk for a complete meal. And don't forget the dessert! The fall is a great time to prepare a yummy family dessert with locally grown apples! (Recipes from BodyWorks Recipe Book, <http://www.womenshealth.gov/bodyworks/>)

Minestrone (Serves 16— serving size is 1 cup)

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| 1/4 cup olive oil | 1 cup canned kidney beans, drained and rinsed |
| 1 clove garlic, minced or 1/8 teaspoon garlic powder | 1 1/2 cups frozen peas |
| 1 1/3 cups onion, coarsely chopped | 1 1/2 cups green beans |
| 1 1/2 cups celery and leaves, coarsely chopped | 1—6 ounce can of tomato paste |
| 1 Tablespoon fresh parsley, chopped | 11 cups water |
| 1 cup carrots, fresh or frozen, chopped | 2 cups uncooked, broken spaghetti |
| 4 3/4 cups cabbage, shredded | Dash of hot sauce |
| 1—16 ounce can of tomatoes, cut up | |

Heat oil in a 4 quart saucepan. Add garlic, onion, celery and sauté about 5 minutes. Add all remaining ingredients except spaghetti, and stir until well mixed. Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender. Add uncooked spaghetti and simmer 2 to 3 minutes only.

Calories 153, Total Fat 4g, Cholesterol 0mg, Sodium 191mg

Baked Sliced Apples (Serves 4)

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|------------------------------|---|
| 2 oranges | 3 apples (such as Granny Smith), peeled, cored and cut in 1/2 inch slices |
| 2 Tablespoons honey | 5 Tablespoons raisins |
| 1/4 teaspoon ground cinnamon | 1/4 cup walnuts, chopped and divided |
| 1/4 teaspoon ground cloves | 1/4 cup low-fat vanilla yogurt |

Preheat oven to 500°F. Grate the zest of one of the oranges and set aside. Squeeze the juice from both oranges into a small bowl. Stir the honey, cinnamon, cloves, and half the zest into the juice. Lay half the apple slices in a glass baking dish. Scatter the raisins and 2 Tablespoons of the walnuts on top. Pour on half the juice mixture and top with remaining apples and juice. Combine the remaining 2 Tablespoons walnuts with the orange zest and scatter over the top. Cover lightly with foil and bake 30 minutes or until the apples are soft and the juices, bubbly. Serve warm or cold with a dollop of low-fat vanilla yogurt.

Calories 206, Total Fat 6g, Saturated Fat 1mg, Carbohydrates 41g Sodium 13mg