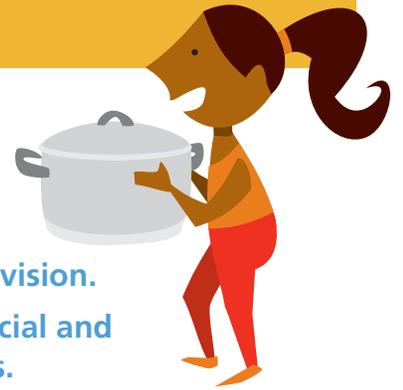


# Family Meal



## Benefits of Family Meals:

- 1. Family meals influence children’s eating habits.
- 2. Families bond during meal time.
- 3. Parents model good eating habits.
- 4. Children spend less time in front of television.
- 5. Children practice social and conversational skills.

### Farmers Market or Green Cart Shopping List

Make a healthy salad to go with your family meal. Save money by visiting your local market or farmer’s market and pick up some carrots, cucumbers, and tomatoes.

## Family Goal

**Goal:** Have two family-style meals together this week. Family-style meals include dividing the responsibilities between shopping, cooking, setting the table, and clearing and washing the dishes.

### First Meal

### Second Meal

Shopping _____	_____
Cooking _____	_____
Table Setting _____	_____
Table Clearing _____	_____
Washing Dishes _____	_____



**Fact of the Week** Children are more likely to try new foods when they are eating with their family.

### Saving Money Tips

Buy fruits and vegetables that are in season, and remember frozen or canned fruits and vegetables are healthy options, too! Planning meals, creating shopping lists, and clipping coupons can save money and time!

### Surprising Fact

Family activities influence a child’s school success more than parents’ income or education.

### Strategy

Introduce children to new healthy foods and act as a role model for healthy eating. Use the MyPlate concept to talk to your kids about the dietary messages. Link to: [www.choosemyplate.gov/](http://www.choosemyplate.gov/)

# At-Home Tools

## Dinner Books

*The Berenstain Bears Forget Their Manners*

by Stan Berenstain and Jan Berenstain

*Don't Let the Peas Touch*

by Deborah Blumenthal

*Gregory, the Terrible Eater*

by Mitchell Sharmat

## New Meal Words to Use

1. Family
2. Sharing
3. Teamwork
4. Responsibility
5. Conversation



## Did you know...

Young children can develop a sense of pride and responsibility as they contribute to the family meal preparations.

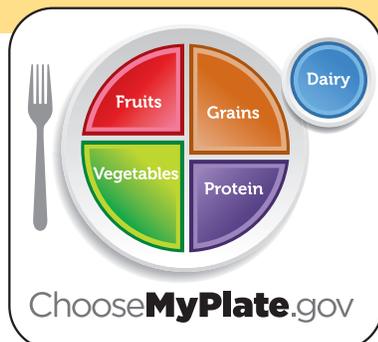
## Fun Activities

### Where Do I Sit at the Table?

Children can create name or picture cards for each family member and then assign seats at the dinner table. This will allow them to be creative while also learning their letters, shapes, and colors

### Shopping Lists

Give children the responsibility of helping you choose the fruits and vegetables for the week. Help them practice counting skills and color recognition!



## Dinner Recipes

Healthy meals do not have to cost a lot of money. Try these healthy, budget-friendly dinner recipes with your family.

### Mini Pizzas

Using whole wheat pita bread, spread low-fat mozzarella cheese, then add fresh peppers, onions, or even pineapple. Bake in oven until cheese is melted.

### Chef Salad

Start with fresh lettuce. Have children tear leaves, then sort and toss tomatoes, sweet peppers, carrots, hard-boiled eggs, ham, cheese, cucumbers, and celery. Serve dressing made of 1/2 cup olive oil, 1/2 cup balsamic vinegar, and teaspoon of honey.