

Fun Family Mealtimes

Enjoy your family at mealtimes.

Forget about the stress of the day.

Turn off the television.

Don't text or talk on the phone.

Put your cell phone away from the table.

Sit with your children.

Sit together at a table or counter.

Look into your child's eyes
when you talk to each other.

Talk to your children.

Listen to your children.

Talk about what you did during the day.

Ask your child what he did, who he played with.

**"What is the most interesting thing
that happened to you today?"**

Family meals filled with laughter and love will
create happy memories that last a lifetime!

Family meals are about more than food.

Eating together creates a strong family bond.

Families feel more connected to each other when
they eat together. Family meals help children feel
more secure in today's world.

Start family style meals when your child is young.

Let your child serve food onto his own plate.

Let your child decide how much he will eat.

He will learn to choose the amount of food he needs to
eat. He will also be more willing to try new foods.

Family meals are times for your child to grow and
learn how to make some decisions on his own.



Pumpkin Pancakes

A yummy breakfast treat

- 1 cup flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- ½ teaspoon cinnamon
- 1 cup milk
- 1 egg
- ¾ cup canned pumpkin
- ½ cup low fat vanilla yogurt

- 1 Combine the milk, egg, pumpkin and yogurt together in a large bowl.
- 2 Add the flour, sugar, baking powder and cinnamon to the bowl. Stir the batter until it is just moist. Add a little more milk if you want a thinner batter.
- 3 Heat a non stick skillet over medium heat. Spoon batter onto hot skillet to form pancakes. Cook pancakes until brown on both sides.

Pumpkin Pudding

Tastes like pumpkin pie without the crust!

- 1 package (3.5 ounce) instant vanilla pudding
- 1 cup canned or mashed pumpkin
- 1 ½ cups skim milk
- ½ teaspoon cinnamon

- 1 Beat pudding mix and milk together until well blended, about 2 minutes.
- 2 Stir in pumpkin and cinnamon. Chill before serving.

Pizza Casserole

Use your favorite shaped noodles - fusilli, rigatoni, penne, wagon wheels or macaroni.



Eat together

Make family meals a priority in your home.

Keep it simple!

Meals do not need to be fancy. Sandwiches, soups and salads make quick and easy meals.

Start slow.

If your family is not used to eating together, start by planning 1 to 2 family meals in a week. Gradually increase until you have at least 1 family meal every day.

Ignore family protests.

Ask everyone in your family to eat together.

Shop and Cook together .

Cooking will be quick. Children like to eat what they help to cook.

Start family meals when your children are young.

It will become a habit for them. Family meals will make those later teenage years easy. Your teenager will be used to eating together and sharing their life stories.

Create special family meals.

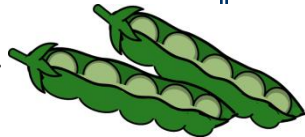
Make quesadillas or tacos together. Serve breads, deli meats, cheese slices, raw vegetables on a platter for a 'sandwich buffet'. Cook spaghetti and homemade meatballs. Bake a pizza casserole.

- ½ pound lean ground beef or turkey
- salt and black pepper
- 12 ounces whole grain noodles
- 1 cup light ricotta cheese
- 1 egg
- ½ cup grated mozzarella cheese
- 24 ounces spaghetti sauce

- 1** Shape ground meat into small meatballs. Place in a skillet over medium high heat. Season with salt and black pepper. Cook meatballs until brown, about 4 minutes. Remove from heat.
- 2** Boil the noodles in a large pot of water according to the directions on the box. Drain the water off the noodles.
- 3** Combine the cooked noodles, meatballs and spaghetti sauce together. Combine the ricotta cheese, egg and mozzarella cheese together in a separate bowl.
- 4** Spoon half of the noodle mixture into a casserole dish. Layer on the cheese mixture. Top with the rest of the noodle mixture.
- 5** Cover and bake in a 375° oven for 20 minutes. Remove the cover and bake for another 10 minutes.

Serve with a easy fruit or veggie:

- ♥ Peaches, pears, fruit cocktail or pineapple canned in juice.
- ♥ Mandarin oranges or applesauce.
- ♥ Cooked green beans, carrots, peas or broccoli.



What can you do?

- Have a family mealtime at least once a day.
- Cook Pumpkin Pancakes or Pizza Casserole with my family.
- Turn off the television and phones. Talk with my children at mealtimes. Listen to my children's stories.
- Other: _____