

Serving Meals Family-Style

Fun Food News



For more healthy tips and recipes, call 1-800-695-3335
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Family Meals: More Than Just Eating Together

You eat. You talk. You listen. You laugh. You learn. Set the table for the entire family. Set roots for a lifetime. Serving meals family-style allows children to make decisions and develop their own personalities.

“One of the things I like to do during our family meals is teach my son how to serve himself so that he can learn good portion sizes and learn to become more independent. He likes to do things on his own now, and serving himself would be another important achievement in growing up.” – Anissa, Arizona Mom

How to Serve Family-Style Meals at Home

- **It all begins at the table.** Place food on the table in serving bowls, plates or baskets.
- **Safety first.** Use child-friendly serving utensils for meals.
- **Sharing is caring.** Pass the food from one person to another.
- **Be independent.** Everyone serves him/herself when possible. Children choose what to put on their plates and how much to eat.

Cooking and Eating Together

Make family meals and memories together. It takes a little work to bring everyone together for meals, but it’s worth it and the whole family eats better. It’s a lesson your children will use for life.

- Start eating meals together as a family when your kids are young. This way, it becomes a habit.
- Plan when you will eat together as a family. Write it on your calendar.
- You may not be able to eat together every day. Try to have family meals at least four times a week.
- Focus on the meal and each other. Turn off the television.
- Encourage your child to try foods, but don’t force your child to eat.
- Talk about fun and happy things. Talk to your children about the food and encourage them to discuss the food texture, color, shape, size, quantity, number, and temperature.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. AzNN 6-2015

Healthy Eating on a Budget

- Write down meals you want to make each week.
- Make a grocery list. Use your list of weekly meals to create a list of foods and drinks you will need to buy.
- Stretch your dollar with these helpful tips:
 - Read the sales flyer.
 - Use coupons.
 - Check for store brands.
 - Join your store’s loyalty program. Most stores offer a free loyalty program. Get special offers and discounts that non-members do not.



Summer Vegetable and Pasta Salad

Ingredients

3 cups whole wheat pasta, dry
1 cup broccoli, chopped
1 cup diced cucumber, peeled
1 cup summer squash, sliced
¼ cup Italian salad dressing

Makes 6 servings
Serving size: 1 cup.

Nutrition Facts

per serving
calories.....180
carbohydrates.....33 gm
protein.....5 gm
total fat.....3 gm
saturated fat.....0.27 gm
trans fat.....0.01 gm
cholesterol.....0 mg
dietary fiber.....4 gm
total sugars.....5 gm
sodium.....311 mg
calcium.....30 mg
folate.....16 mcg
iron.....1 mg
calories from fat.....15%

Directions

1. Wash hands with warm water and soap.
2. Cook pasta according to package directions. Rinse with cold water. Place in large bowl.
3. Add remaining ingredients and mix well. Serve.
4. Refrigerate leftovers within 2 hours.

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Stuffed Peppers with Turkey and Vegetables

Ingredients

1 cup cooked rice (white or brown) ½ teaspoon garlic powder or 4 cloves garlic, minced
3 bell peppers (green, red, or yellow) ¼ teaspoon each salt and pepper
10 ounces ground turkey (half a 20 ounce package) ½ onion (about ¼ cup)
1 teaspoon Italian Seasoning (or basil and oregano leaves) 1 cup sliced mushrooms
1 chopped zucchini (about 1 cup)
1 can (14.5 ounce) diced tomatoes with liquid

Makes 6 servings
Serving size: ½ pepper.

Nutrition Facts

per serving
calories.....146
carbohydrates.....16 gm
protein.....11 gm
total fat.....5 gm
saturated fat.....1.12 gm
trans fat.....0.05 gm
cholesterol.....35 mg
dietary fiber.....3 gm
total sugars.....5 gm
sodium.....243 mg
calcium.....32 mg
folate.....2 mcg
iron.....2 mg
calories from fat.....28%

Directions

1. Wash hands with warm water and soap.
2. Cook the rice or prepare instant rice according to package directions.
3. Cut the peppers in half from top to bottom. Remove the stem and seeds.
4. In a large skillet over medium heat (300 degrees in an electric skillet), cook the turkey until no longer pink. Add seasonings during last few minutes.
5. Add onion, mushrooms, and zucchini to the skillet. Add a small amount of oil, if needed. Saute until tender.
6. Mix in the tomatoes and rice. Remove from heat.
7. Fill the pepper halves with the skillet mixture.
8. Cover the baking dish with foil. Bake 350 degrees for 40 to 50 minutes or until peppers are tender when poked with a fork.
9. Serve. Refrigerate leftovers within 2 hours.

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