



Making Family Mealtime Happen

Make it Simple

Have go-to recipes you are familiar with

Use a slow cooker

Double recipes for easy leftovers or quick future meals

On slower days, batch cook and freeze recipes for later

Make it Worthwhile

Aim for at least 3 sit-down meals a week

Keep phones and other electronics away from the table

Aim for at least 30 minutes of family time

Make it Fun

Have a picnic

Let your kids choose the menu and help cook

Try different types of food

Create a jar of fun questions to ask during meals

Make it Healthy

Choose lean proteins like chicken, turkey, fish, or beans

Always have a serving of fruits or vegetables

Limit desserts and fried foods

Opt for whole-grains and healthy fats where possible

Quick and Easy Meals

Quesadillas

Whole wheat tortillas, cheese, corn, black beans, and bell peppers make for a delicious dinner. Serve with salsa, guacamole, and sour cream.

Breakfast skillet

Sauté vegetables, then add eggs, cheese, and hash browns. Serve with fresh fruit.

Pizza

Use whole wheat pita bread or your favorite dough recipe. Add pizza sauce, cheese, and your choice of toppings (add plenty of veggies). Serve with salad.

Rice bowl

Sauté chicken and garlic. Then, add broccoli, carrots, peppers, and onions. Serve with cooked brown rice and teriyaki sauce.

Spaghetti

Sauté spinach, onions, peppers, carrots, and garlic. Go meatless or add lean ground turkey or beef. Once veggies and meat are cooked, add in pasta sauce. Serve with whole-grain noodles and salad.

