

# MAKING FAMILY MEALTIME HAPPEN

Family mealtime helps strengthen family relationships and can have a positive influence on children. Studies have shown a positive correlation between family mealtime and children doing well in school, developing healthy eating habits, and decreasing their risk of using cigarettes, drugs, and alcohol.

## MAKE IT CONVENIENT

Have go-to recipes you are familiar with. Add new recipes every now and then.

### Make simple dishes



Use a slow cooker

### Make extra for a leftover meal later in the week

Have a designated meal prep day

### Freeze meals for future busy days

## MAKE IT EFFECTIVE

Make it weekly. Aim for at least three meals per week.

### Ban electronics at the table

Aim to stay at the table for at least 30 minutes

### Use the time for family conversation



## MAKE IT FUN

### Have a picnic

Let your children choose what's on the menu and help with preparation

### Try different types of food

Have a jar of fun questions. Ask a few during the meal



## MAKE IT HEALTHY

Go for lean proteins, such as chicken, turkey, lean ground meats, fish, or beans

Always have a serving of fruits or vegetables

Limit desserts and fried foods

Use whole grain options, low-fat dairy options, and healthy fat options such as avocados and unsaturated oils



# FAST GO-TO MEALS



**QUICK QUESADILLAS.** Use whole wheat tortillas. Add reduced-fat cheese, corn, black beans, or bell peppers. Serve with salsa, guacamole, or low-fat sour cream.



**SWIFT BREAKFAST SKILLET.** Sauté vegetables and add eggs, reduced-fat cheese, and hash browns to the mix. Serve with fruit.



**PROMPT PIZZA.** Use whole wheat pita bread. Add pizza sauce, reduced-fat cheese, and your choice of toppings (add plenty of veggies). Serve with a salad.



**RAPID RICE BOWL.** Stir-fry chicken, garlic, broccoli, carrots, peppers, or onions. Serve with brown rice and teriyaki sauce.



**SPEEDY SPAGHETTI.** Beef up store-bought spaghetti sauce by adding sautéed spinach, peppers, carrots, and/or garlic. Go meatless or add lean ground beef or turkey. Serve with whole-grain noodles and a salad.



selecthealth.