Food and Your Family

Food plays a major role in all families. It is important to encourage the whole family to make healthy food choices.

- Try to have at least one meal every day together as a family.
- Assign tasks to all family members to get dinner on the table.
- Establish some table rules – eat together at the dinner table. Say NO to TV!
- Don’t give up on new foods! Research has shown that it takes a child 7-10 times of trying a new food to actually like it.
- Make your meals colorful. Offer a variety of different fruits and veggies.

GOAL: This week eat one meal every day as a family.

Be a Role Model for your Child

Remember that YOU are the parent and YOU determine what, where and how much your child is served.

- Food is not a reward for good behavior. Try words, hugs and kisses instead.
- Let your child help with meals. He or she can help you get the ingredients ready, watch you prepare the food, and help mix the recipe ingredients.
- Say no to sodas during mealtimes. No type of soda is good for your child’s health because none of them contains nutrients.
- Stock your pantry and refrigerator with healthy foods that are easy to make, such as cheese and crackers, peanut butter and whole-grain bread, fresh fruits and vegetables.
- Throw away the junk food!
Healthy Recipe: Ants on a Log

- Celery, peanut butter or low-fat cream cheese, raisins
- Clean the celery. Spread the peanut butter or low-fat cream cheese on the celery then place the raisins on the peanut butter or cream cheese and ENJOY

Did you know? Studies have shown that eating meals together leads to stronger families in body and mind.