



Sharing Family Meals

Did You Know...

Any meal can be a family meal including breakfast, lunch, dinner or snacks.

Children who eat together with their family:

- Have a healthier diet, and eat more fruits and vegetables.
- Are at a lower risk for overweight and obesity.
- Do better in school.
- Develop good self-esteem and social skills.

Goals for Family Meals

- **Be your child's best role model.** When they see you eat fruits and veggies, your child will too! Try to include at least one fruit and veggie at each meal.
- **Involve family members in planning and preparing meals.** Children will be more likely to try new foods if they have helped choose and prepare them.
- **Eat meals at or around the table.** Enjoy each other's company.
- **Enjoy talking with one another.** Turn off the television, video games, phone and computer. Instead, learn about what happened in your child's day.

Take Action!

Include your child in mealtime. Try one of these ideas this week:

- Let your child choose and help prepare a fruit or veggie for the meal.
- Allow your child to help cook. They can mix, add ingredients, and wash produce.
- Ask your child to choose a theme or topic to discuss at mealtime.



Recipe

Apple Cranberry Salad Toss

Servings: 6

Ingredients:

- 1 large head of lettuce, washed and chopped
- 1 medium apple, washed and sliced
- 1/3 cup walnuts, chopped (optional)
- 3/4 cup dried cranberries
- 1/4 cup green onions, washed and sliced
- 1/2 cup low-fat vinaigrette dressing

Directions:

1. Combine lettuce, apples, walnuts (optional), cranberries, and onions in large bowl.
2. Add dressing; toss to coat.
3. Serve!



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