# HEALTHY FAMILY
nutrition newsletter

january

## MAKE MEALTIME FAMILY TIME

Eating together is good for the whole family. Mealtime gives everyone a chance to catch up while enjoying a healthy meal. In addition to spending more quality time together, families who eat meals together tend to be healthier, and kids who eat family meals may perform better in school. Now, you might be thinking "meal planning, grocery shopping, cooking, and cleaning up: it all takes so much time and energy!" We agree that sometimes mealtime can feel like another chore on the to-do list, but family meals do not have to be complicated. The key is eating together.

Do you ever find yourself looking for simple healthy eating strategies? Planning ahead can help to ensure your family has healthy foods on hand. Plus, planning ahead saves time! Try these planning tips:

1. Look at your family schedule and decide on meal times. Post a meal schedule on the refrigerator so that everyone can see it.
2. Create a meal plan for the week. This may be just one or two family meals per week to start off with, and you can gradually build from there. Let your kids help. Getting their input on the menu will limit the need to make separate meals just for them.
3. Make your shopping list. Kids can help with this too! Have them practice their writing skills. Remember: Fewer trips to the grocery store means more time to spend with your family at mealtime.

***USE THIS HELPFUL MEAL PLANNING & SHOPPING FORM (PDF)***
*http://goo.gl/hzmQ8I*

What is your family's favorite quick-to-fix healthy recipe? Send us your ideas and we'll post them on the GROW Family website, or highlight them in our next newsletter. See reverse side for details.

***GROW FAMILY WEBSITE...***
*extension.oregonstate.edu/growhkc/family*

## TIME TO EAT!
## SETTING THE MOOD

Mealtime can be a time for your family to connect and unwind. Meals eaten at home tend to be healthier too! Here are some environmental strategies that facilitate togetherness and health.

1. Eat at a table in the kitchen or dining room so that you can see and listen to one another. This puts the focus on family and helps everyone to be more mindful of what they are eating.
2. Turn OFF the TV and the phone to limit distractions. Eating in front of the TV can lead to overeating.
3. Keep a clock in the kitchen or dining room to help you get the kids to bed on time. Kids who get enough sleep (a minimum of 9 hours per night for school-aged children) are more likely to be a healthy weight.

Look for these different icons throughout the newsletter!

tell me more!

give it a try!

make it a habit!

# MY PERSONAL PIZZA

**Prep Time...** 10 minutes
**Cook Time...** 5-7 minutes
**Yield...** 1 serving (1 pizza)

## INGREDIENTS

½ English muffin (whole wheat)

1 tablespoon spaghetti or pizza sauce

1 tablespoon grated cheese

1 tablespoon chopped vegetables (onions, bell peppers, mushrooms, tomato), fruits (pineapple), and/or cooked meat (chicken or sausage)

## DIRECTIONS

1. Preheat oven to 400 degrees
2. Lightly toast English muffin
3. Spread with spaghetti sauce or pizza sauce
4. Add cheese and pizza toppings of your choice.
5. Bake 5-7 minutes until muffin is lightly browned and cheese is melted
6. Allow to cool slightly before eating
7. Refrigerate leftovers within 2 hours

**Nutrition Facts**

Serving Size 1 pizza (122g)
Servings Per Container 1

| Amount Per Serving | |
|---|---|
| **Calories** 130 | Calories from Fat 35 |
| | % Daily Value* |
| **Total Fat** 3.5g | 5% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| **Cholesterol** 5mg | 2% |
| **Sodium** 240mg | 10% |
| **Total Carbohydrate** 21g | 7% |
| Dietary Fiber 2g | 8% |
| Sugars 6g | |
| **Protein** 5g | |

Vitamin A 6% • Vitamin C 40%
Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

***THIS RECIPE AND MANY OTHERS***
*foodhero.org/recipes/my-personal-pizza*

Let kids help by adding the sauce, cheese, and toppings!

# KEEPIN' IT ON THE MOVE

## Cooking is fun, but cooking and dancing is even more fun.

Turn on the tunes and shake things up in the kitchen. What an easy way to sneak in a little physical activity while creating more positive family memories!

## Want to extend family time in a healthful way?

Schedule in 10-15 minutes to walk after dinner. Make it more fun for kids by playing "I Spy": ask them to point out colors, or count objects such as trees, cars, or dogs.

seasonal highlight

# KALE & CRANBERRY STIR-FRY

## Looking for a side-dish?

Consider this 6-ingredient kale and cranberry stir-fry!

Kale is a hearty leafy green vegetable that is high in vitamins and minerals. Help your kids establish a taste for kale and other green vegetables by offering it to them early on and often.

***DISCOVER THIS SIDE DISH AND MORE***
*foodhero.org/recipes/kale-and-cranberry-stir-fry*

Does your family have a favorite quick-to-fix healthy recipe? Share it with us and we may feature it on our website or future newsletters!

## SEND YOUR IDEAS!

**Email:** growhkc@oregonstate.edu
**Postal Mail:** see address below

grow healthy kids & communities

**VIEW REFERENCES** + **DOWNLOAD NEWSLETTERS** + **LEARN MORE**... http://extension.oregonstate.edu/growhkc/family/newsletters

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