



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

October 2008

Family Meals

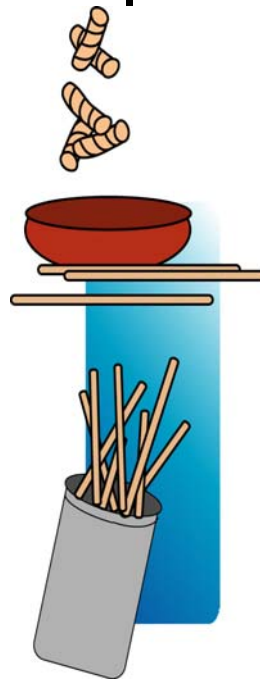
Family meals help to create strong family bonds. Families feel more connected to each other when they eat together. Family meals help children feel more secure in today's world.

Families who eat together tend to eat healthier meals. Eating together can also save money. Share food and love with your family.

Eat with your child! Start family meals when your child is young.

How long should a meal last?

- ♥ **Mealtimes should last at least 10 minutes.** Ask your child to stay at the table even if he is not eating. He may decide to eat something. Mealtimes are also a good time for families to talk to each other.
- ♥ If your child is asking to leave the table during mealtime, **tell him that he needs to stay at the table with the family while everyone is eating.** When everyone is finished eating, leave the table together.



- ♥ Mealtimes should be happy family times.

Make Mealtime Fun!

Family meals filled with caring laughter create happy memories that last a lifetime!

- ♥ Enjoy table talk. Share positive things that have happened during the day. No negative talk!
- ♥ Listen to your children. Share stories about what is happening in your lives. Ask your child what is happening in his life.
- ♥ Turn off the television and radio. Let the answering machine pick up the phone.
- ♥ Sit with your children. Sit together at a table when you can make eye contact with your child. Talk with each other.

Enjoy your family and good food!

Macaroni Meals

Prepare your favorite macaroni and cheese. Add meat and vegetables to make one dish meals that your family will love!

- ♥ Add frozen peas and carrots, and diced turkey to macaroni and cheese. Heat and serve!
- ♥ Add ham strips to macaroni and cheese. Stir in frozen mixed vegetables or cooked broccoli chunks. Heat and serve!
- ♥ Cook lean hamburger in a skillet until the meat is brown. Drain off any excess fat. Add to macaroni and cheese. Drain water off canned green beans. Stir green beans into macaroni and cheese. Heat and serve!
- ♥ Add tuna fish to macaroni and cheese. Stir in frozen peas. Heat and serve!
- ♥ Heat a small amount of olive oil in a skillet. Stir fry chopped chicken, onions, green peppers and mushrooms in oil for 5 minutes. Add to macaroni and cheese. Heat and serve!



Macaroni & Cheese

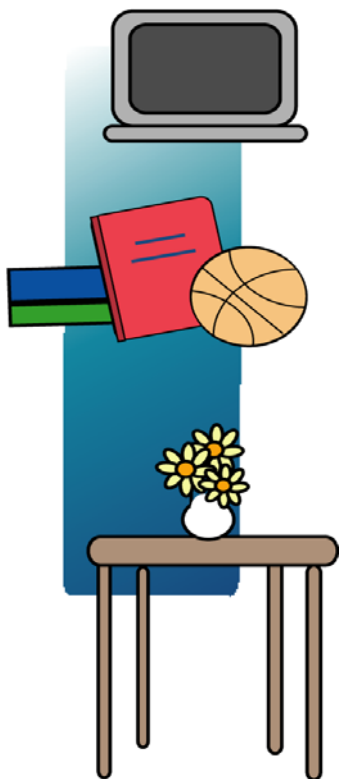
Macaroni and cheese is a favorite food for many children. It's quick and easy to make. Macaroni and cheese has become one of today's staple foods. It's hard to find a kitchen cupboard without it!

But, is macaroni and cheese good for children? Yes, it can be the start of a healthy meal. Serve with a glass of milk. Serve a fruit or vegetable.

There are many quick and easy fruits and vegetables that can be served:

- ♥ Peaches, pears, fruit cocktail or pineapple canned in 100% juice
- ♥ Mandarin oranges
- ♥ Raw baby carrots, broccoli or cauliflower
- ♥ Cooked green beans, peas or broccoli
- ♥ Applesauce

Eat Together!



- ♥ Make family meals a priority in your home!
- ♥ **Keep it simple!** Meals do not need to be fancy. Sandwiches, soups and salads make quick and easy meals.
- ♥ **Start slowly!** If your family is not used to eating together, start by planning 1 to 2 family meals in a week. Gradually increase until you have at least 1 family meal every day.
- ♥ **Don't listen to family protests.** Ask everyone in your family to eat together.
- ♥ **Ask everyone to help prepare the meal.** Cooking will be quick, and children like to eat what they help to cook.
- ♥ **Start family meals when your children are young.** It will become a habit for them. Family meals will make those later teenage years easy. Your teenager will be used to eating together and sharing their life stories.
- ♥ **Create special family meals.** Make homemade pizza together. Serve breads, deli meats, cheese slices, raw vegetables on a platter for a '*sandwich buffet*'.

Pumpkin Pudding

Tastes like pumpkin pie without the crust!

Ingredients:

- 1 package instant vanilla pudding
- 1½ cups skim milk
- 1 cup canned or mashed pumpkin
- ½ teaspoon cinnamon

Directions:

1. Beat pudding mix and milk together until well blended, about 2 minutes.
2. Stir in pumpkin and cinnamon.
3. Chill before serving.





PLACER-NEVADA COOPERATIVE EXTENSION OFFICE
UNIVERSITY OF CALIFORNIA
11477 E AVENUE (*Building 306, DeWitt Center*)
AUBURN, CA 95603

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.

Nutrition Coalition

Supported by First 5 Placer County
Children and Families Commission

SHARON K. JUNGE, NFCS Advisor

VICKY (PANTELS) BOURDANIOTIS, Program Representative

Nutrition Matters

KidFood is published 12 times a year.

Copyright 2008

The content of KidFood is not intended to provide medical advice. This should be obtained from a qualified health professional.

**University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603
Phone: 530-889-7350
Fax: 530-889-7397
Email: ceplacer@ucdavis.edu
Website: <http://ceplacer.ucdavis.edu>**

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: service in the uniformed services includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services) in any of its programs or activities.

University policy also prohibits reprisal or retaliation against any person in any of its programs or activities for making a complaint of discrimination or sexual harassment or for using or participating in the investigation or resolution process of any such complaint.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, CA 94607, (510) 987-0096.