



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

October 2014

Fun Family Mealtimes

Enjoy your family at mealtimes.
Forget about the stress of the day.
Turn off the television.
Don't text or talk on the phone.



Eat Together

Make family meals a priority in your home.

- ☺ Sit with your children. Sit together at a table or counter. Look into your child's eyes when you talk to each other.
- ☺ Talk to your children. Listen to your children. Talk about what you did during the day. Ask your child what he did, who he played with. "What is the most interesting thing that happened to you today?"
- ☺ Let your children serve themselves. Let your child decide how much he will eat. He will learn to choose the amount of food he needs to eat. He will also be more willing to try new foods.

*Family meals filled with laughter and love
will create happy memories
that last a lifetime!*

- **Keep it simple!**
Meals do not need to be fancy.
- **Start slow.**
If your family is not use to eating together, start by planning 1 to 2 family meals in a week.
- **Ignore family protests.**
Ask everyone in your family to eat together.
- **Cook together.**
Children like to eat what they help to cook.
- **Create special family meals.**
Make quesadillas or tacos together. Serve breads, deli meats, cheese slices, raw vegetables on a platter for a 'sandwich buffet'. Cook spaghetti and homemade meatballs. Bake a pizza casserole.

Pumpkin Pancakes

A yummy breakfast treat

- 1 cup flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon cinnamon
- 1 cup milk
- 1 egg
- $\frac{3}{4}$ cup canned pumpkin
- $\frac{1}{2}$ cup low-fat vanilla yogurt

1. Combine the milk, egg, pumpkin, and yogurt together in a large bowl.
2. Add the flour, sugar, baking powder, and cinnamon to the bowl. Stir the batter until it is just moist. Add a little more milk, if you want a thinner batter.
3. Heat a non-stick skillet over medium heat. Spoon batter onto hot skillet to form pancakes. Cook pancakes until brown on both sides.



Pumpkin Pudding

Tastes like pumpkin pie without the crust!

- 1 package (3.5 ounce) instant vanilla pudding
- 1 cup canned or mashed pumpkin
- $1\frac{1}{2}$ cups skim milk
- $\frac{1}{2}$ teaspoon cinnamon

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



Pizza Casserole

Use your favorite shaped noodles - fusilli, rigatoni, penne, wagon wheels or macaroni.

- $\frac{1}{2}$ pound lean ground beef or turkey
- Salt and black pepper
- 12 ounces whole grain noodles
- 1 cup light ricotta cheese
- 1 egg
- $\frac{1}{2}$ cup grated mozzarella cheese
- 24 ounces spaghetti sauce

1. Shape ground meat into small meatballs. Place in a skillet over medium high heat. Season with salt and black pepper.
2. Cook meatballs until brown, about 4 minutes. Remove from heat.
3. Boil the noodles in a large pot of water according to the directions on the box. Drain the water off the noodles.
4. Combine the cooked noodles, meatballs, and spaghetti sauce together. Combine the ricotta cheese, egg, and mozzarella cheese together in a separate bowl.
5. Spoon half of the noodle mixture into a casserole dish. Layer on the cheese mixture. Top with the rest of the noodle mixture.
6. Cover and bake in a 375° oven for 20 minutes. Remove the cover and bake for another 10 minutes.

Serve with a easy fruit or veggie:

Peaches, pears, fruit cocktail or pineapple canned in juice.

Mandarin oranges or applesauce.

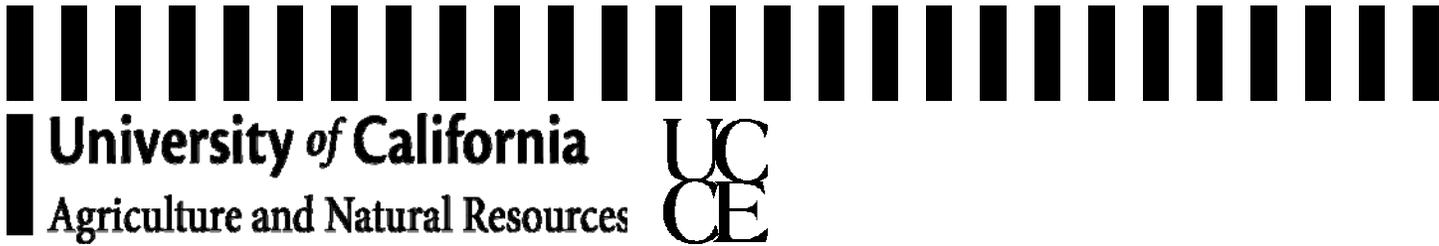
Cooked green beans, carrots, peas or broccoli.



What Can You Do?

- Have a family mealtime at least once a day.
- Cook Pumpkin Pancakes or Pizza Casserole with my family.
- Talk with my children at mealtimes. Listen to my children's stories.
- Other: _____





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