### Family Meals: More Than Just Eating Together


Serving meals-family style allows children to make decisions and develop their own personalities.

“One of the things I like to do during our family meals is teach my son how to serve himself so that he can learn good portion sizes and learn to become more independent. He likes to do things on his own now, and serving himself would be another important achievement in growing up.” – Anissa, Arizona Mom

### How to Serve Family-Style Meals at Home

- **It all begins at the table.** Place food on the table in serving bowls, plates or baskets.
- **Safety first.** Use child-friendly serving utensils for meals.
- **Sharing is caring.** Pass the food from one person to another.
- **Be independent.** Everyone serves him/herself when possible. Children choose what to put on their plates and how much to eat.

### Cooking and Eating Together

Make family meals and memories together. It takes a little work to bring everyone together for meals, but it’s worth it and the whole family eats better. It’s lessons your children will use for life.

- **Start eating meals together as a family when your kids are young.** This way, it becomes a habit.
- **Plan when you will eat together as a family.** Write it on your calendar.
- **You may not be able to eat together every day.** Try to have family meals at least four times a week.
- **Focus on the meal and each other.** Turn off the television.
- **Encourage your child to try foods, but don’t force your child to eat.**
- **Talk about fun and happy things.** Talk to your children about the food and encourage them to discuss the food texture, color, shape, size, quantity, number, and temperature.

### Healthy Eating on a Budget

- Write down meals you want to make each week.
- **Make a grocery list.** Use your list of weekly meals to create a list of foods and drinks you will need to buy.
- **Stretch your dollar with these helpful tips:**
  - Read the sales flyer.
  - Use coupons.
  - Check for store brands.
  - Join your store’s loyalty program. Most stores offer a free loyalty program. Get special offers and discounts that non-members do not.

### Summer Vegetable and Pasta Salad

#### Ingredients
- 1 chopped red onion (about 1/2 cup)
- 1 chopped zucchini (about 1 cup)
- 1 can (14.5-ounce) diced tomatoes with liquid
- 1 chopped bell pepper (green, red, or yellow)
- 1 cup sliced mushrooms
- 1 chopped tomato
- 1 cup summer squash, sliced
- 1 cup diced cucumber, peeled
- 1 cup broccoli, chopped
- 3 cups whole wheat pasta, dry
- 1 can (4 ounces) Italian salad dressing
- 1 tablespoon Italian Seasoning (or 1 teaspoon oregano)
- 1 teaspoon basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder or 4 cloves garlic, minced
- 1/2 teaspoon garlic powder or 4 cloves garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons olive oil

#### Directions
1. Wash hands with warm water and soap.
2. Cut the peppers in half from top to bottom. Remove the stem and seeds.
3. In a large skillet over medium heat (300 degrees F), cook the turkey until no longer pink when poked with a fork.
4. In an electric skillet, cook the turkey until no longer pink when poked with a fork.
5. In a large skillet, cook the turkey until no longer pink when poked with a fork.
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18. In a large skillet, cook the turkey until no longer pink when poked with a fork.
19. In a large skillet, cook the turkey until no longer pink when poked with a fork.
20. In a large skillet, cook the turkey until no longer pink when poked with a fork.

#### Nutrition Facts

| Calories | 113 | Calories from Fat | 51
| Total Fat | 5.0 | Saturated Fat | 0.8 |
| Cholesterol | 2 mg | Trans Fat | 0.0 |
| Sodium | 280 mg | Total Carbohydrates | 16 g |
| Dietary Fiber | 2 g | Sugars | 1 g |
| Total Sugars | 1 g | Protein | 4 g |

#### Stuffed Peppers with Turkey and Vegetables

#### Ingredients
- 1 teaspoon Italian Seasoning (or 1 teaspoon basil)
- 1 tablespoon olive oil
- 1 can (14.5-ounce) diced tomatoes with liquid
- 1 chopped bell pepper (green, red, or yellow)
- 1 tablespoon Italian Seasoning (or 1 teaspoon oregano)
- 1 teaspoon basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder or 4 cloves garlic, minced
- 1/2 teaspoon garlic powder or 4 cloves garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons olive oil

#### Directions
1. Wash hands with warm water and soap.
2. Cut the peppers in half from top to bottom. Remove the stem and seeds.
3. In a large skillet over medium heat (300 degrees F), cook the turkey until no longer pink when poked with a fork.
4. In an electric skillet, cook the turkey until no longer pink when poked with a fork.
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### For more healthy tips and recipes, call 1-800-695-3335 or visit www.EatWellBeWell.org

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401.