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.

This material was funded by USDA’s Supplemental Nutrition Assistance Program -- SNAP through the Arizona Nutrition Network. This institution is an equal opportunity provider and employer.

**Mealtime is Family Time**

**Fun Food News**

**Kids Take Action**

Join in with food shopping and cooking. Sit down as a family to plan a menu and enjoy spending time together.

- Participate in food shopping trips and choose vegetables and fruits to add to meals.
- Pack your lunch. Plan a menu for the week with different foods that you like and are healthy for you.
- Prepare family meals with your parents by measuring and mixing ingredients.

**Eat Smart to Play Hard**

- Be a picker! When shopping, help choose a new vegetable or fruit to try.
- Make it snappy! Snap the green beans, snap peas, or break the flower heads from the broccoli or cauliflower.
- I spy. Play “I Spy” in the vegetable and fruit section when grocery shopping.
- Tear it up! Tear the lettuce for salads and sandwiches.

**Keep Moving!**

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1. Wash hands with warm water and soap.
2. Sauté onions, carrots, green pepper and ground meat in a 2 to 3 quart saucepan over medium-high heat for 5 minutes.
3. Add tomato sauce, crushed tomatoes, mushroom and barbecue sauce.
4. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
5. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.
6. Refrigerate leftovers within 2 hours.

**Garden Sloppy Joes**

**Ingredients**

- 1 onion, chopped
- 1 carrot chopped or shredded
- 1 green pepper, chopped
- 1 pound ground meat (turkey, chicken or beef)
- 14.5 ounce can crushed tomatoes
- 8 ounce can of mushrooms, drained or ½ pound chopped fresh mushrooms
- 8 ounce can of tomato sauce
- ¼ cup barbecue sauce
- 6 whole wheat buns split in half to make 12 or whole wheat English Muffins

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**Table Talk**

Ask these questions at your family meal:

- What superhero do you think you are most like?
- If you could meet any famous person, who would it be, and what would you say?
- If you could change one thing about your city or town, what would it be?

**For more free recipes, visit EatWellBeWell.org or call 1-800-695-3335.**

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