



## Family Meals

A busy work day doesn't have to get in the way of your family eating together. Let's make a comeback with family meals! You can make a shared family meal healthy without taking a lot of time to prepare. Family meals can also be a great way to connect with your kids. Here are three steps that you can take to help create fun and enjoyable family dinners.

### PLAN!

Look through the calendar and choose at least one day of the week to schedule a family meal. It doesn't have to be dinner - breakfast, lunch, and even snacks count too!

### PREPARE!

Do you have the supplies needed for the dinner? How about including your kids! Having your kids help prepare meals can be fun. Let them set the dinner plates on the table, toss the salad in the salad bowl or allow them to be your taste-testers before the meal is served.

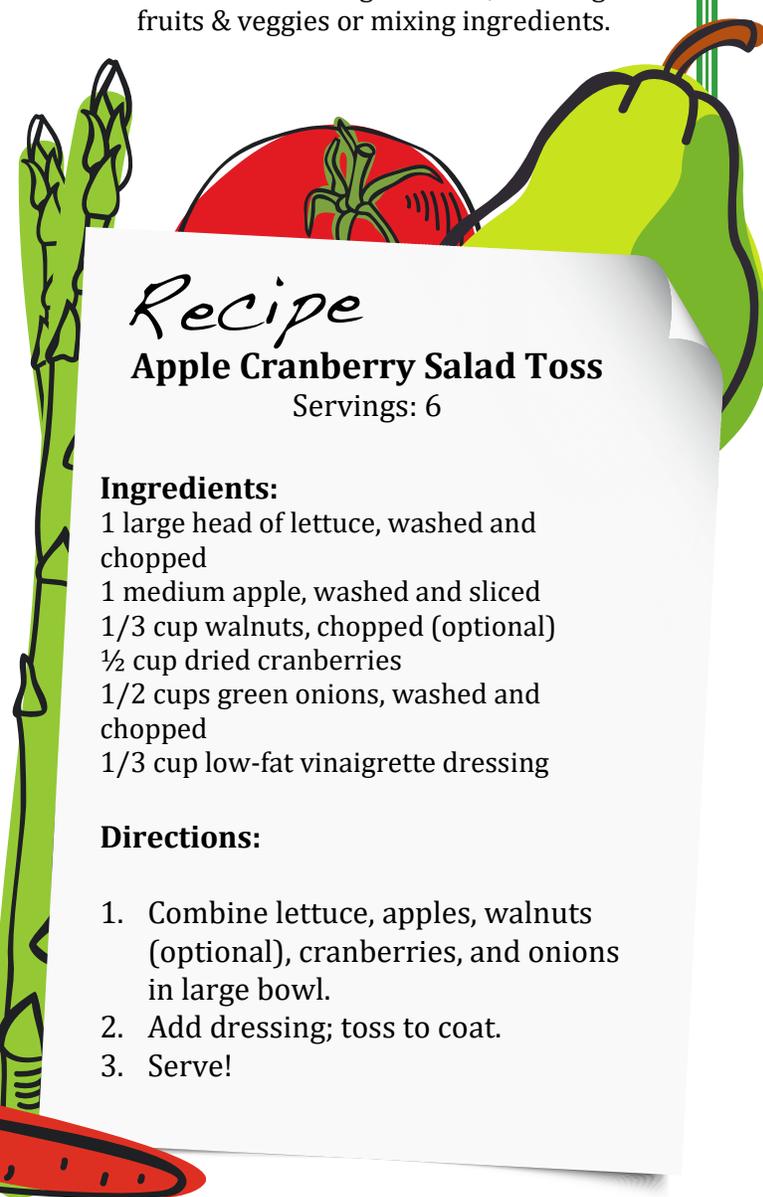
### EAT!

Wait until everyone is seated before eating the meal. This can be a chance for the family to all eat at the same time. Take this time to talk to your kids and ask about their day. Family meals give parents a chance to be role models in eating healthy. Plan to have family meal time each week!

### TAKE ACTION!

Include your child in meal time. See how many ideas you can check off this week!

- Let your child pick a fruit or veggie to have at dinner one night.
- Have your child tell you about their day.
- Give your child a special "job" in the kitchen like setting the table, washing fruits & veggies or mixing ingredients.



## Recipe

### Apple Cranberry Salad Toss

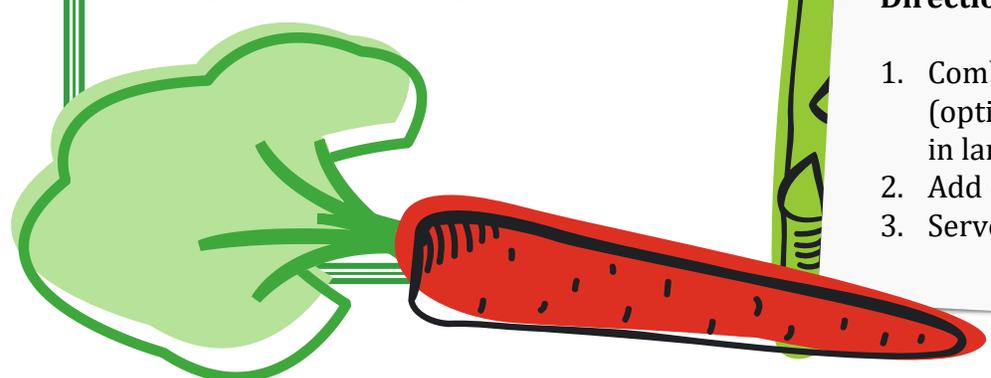
Servings: 6

#### Ingredients:

- 1 large head of lettuce, washed and chopped
- 1 medium apple, washed and sliced
- 1/3 cup walnuts, chopped (optional)
- 1/2 cup dried cranberries
- 1/2 cups green onions, washed and chopped
- 1/3 cup low-fat vinaigrette dressing

#### Directions:

1. Combine lettuce, apples, walnuts (optional), cranberries, and onions in large bowl.
2. Add dressing; toss to coat.
3. Serve!



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