



## Sharing Family Meals

### Did You Know...

Any meal can be a family meal including breakfast, lunch, dinner or snacks.

Children who eat together with their family:

- Have a healthier diet, and eat more fruits and vegetables.
- Are at a lower risk for overweight and obesity.
- Do better in school.
- Develop good self-esteem and social skills.

### Goals for Family Meals

- **Be your child's best role model.** When they see you eat fruits and veggies, your child will too! Try to include at least one fruit and veggie at each meal.
- **Involve family members in planning and preparing meals.** Children will be more likely to try new foods if they have helped choose and prepare them.
- **Eat meals at or around the table.** Enjoy each other's company.
- **Enjoy talking with one another.** Turn off the television, video games, phone and computer. Instead, learn about what happened in your child's day.

### Take Action!

Include your child in mealtimes. Try one of these ideas this week:

- Let your child choose and help prepare a fruit or veggie for the meal.
- Allow your child to help cook. They can mix, add ingredients, and wash produce.
- Ask your child to choose a theme or topic to discuss at mealtimes.



## 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)  
3/4 cup dried cranberries  
1/4 cups green onions, washed and chopped  
1/2 cup low-fat vinaigrette dressing

#### Directions:

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



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