



Take Time for Meals

Mealtimes are a great time to be a positive role model for children.



PREVENT. PROMOTE. PROTECT.

Developed by Healthy Children Healthy Weights at Columbus Public Health

For information about these materials visit www.publichealth.columbus.gov



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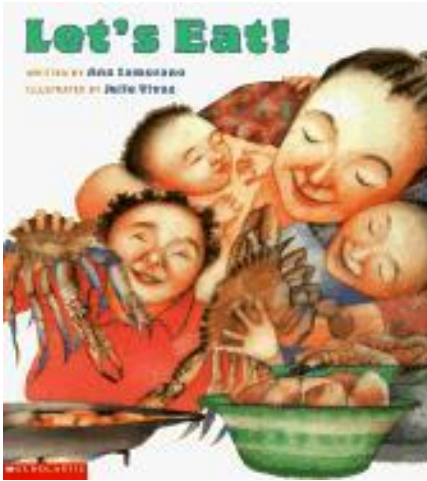
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HEALTHY FAMILIES: BOOK OF THE MONTH



Take Time for Meals ★★★★★★★★★★★★★★★★★★★★



Title

Let's Eat

Author

Ana Zamorano

Summary

Every day Mama prepares a mid-afternoon meal for the family. Grandparents, parents, and three children all join in to share stories as well as wonderful food.

To borrow a free copy, visit the Public Library of Cincinnati and Hamilton County to find a library branch near you at <http://www.cincinnatiilibrary.org/>. This book is also available in stores and online.



HEALTHY FAMILIES: TIPS OF THE MONTH



Take Time for Meals



Family Meal Time

It has been shown that children whose families eat together are more likely to get better grades, stay away from drugs and alcohol, eat healthier, be more willing to discussing problems and have lower stress levels. Family meals can improve eating habits—eating more fruits and vegetables and consuming less fried foods and sugary drinks— to help children develop and maintain a healthy weight.

Recommendations

To help children develop a healthy relationship with food, families are encouraged to slow down and make meal times special. Food should never be used as a reward or punishment, and children should never be forced to try a food. Instead, parents should to talk with their child about a new or unfamiliar food (*where it grows, what it looks like, how it helps the body grow, etc.*) to make eating a fun learning experience where children are free of expectations to “clean their plate.” Remember the division of responsibility—the adult is responsible for the what, when and where; and the child is responsible for how much and whether or not (s)he wants to eat what is offered.

What You Can Do

Try these tips at home for creating a healthy and enjoyable eating environment:

1. Serve family style meals; adults eat with the children and turn off all distractions (television, phones, etc.).
2. Offer children plenty of opportunities to try unfamiliar foods. (Remember, it can take at least 8-12 attempts before a child will readily accept a new food)
3. Ditch the “Clean Plate Club” mindset and encourage children to listen to hunger cues.

For more information on Take Time for Meals:

1. The Power of Family Meals
<http://poweroffamilymeals.com/>
2. National Heart, Lung, and Blood Institute | We Can Parent Tips—
<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/parent-tip-sheets.htm#nutrition>
3. United States Department of Agriculture | WIC Works Sharing Gallery—
http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/familymeals.html
4. United States Department of Agriculture | Nibbles Newsletter—
http://www.fns.usda.gov/sites/default/files/Nibbles_Newsletter_14.pdf

Adapted from: Columbus Public Health—Healthy Children, Healthy Weights Program



HEALTHY FAMILIES: ACTIVITY OF THE MONTH



Take Time for Meals ★★★★★★★★★★★★★★★★★★★★★★★★★★★★

Monday Meal Night

Make Monday night (or any night when the family is home together) and make it priority to sit down to share a family meal. Turn off the TV, put the phones away, and engage each other in conversation. Whether you cook, order take-out, or prepare a frozen dinner, make it a point to eat at home together as a family. Ask each other questions about the day, share stories, and enjoy your meal in engaging conversation.

Finish the Story

Remember "telephone" from your childhood days? Here is an updated version that can be used at the dinner table: Start a story, and let each person take turns adding to it. Each person can either add one sentence or a whole segment of the story. Start working on the conclusion as dinner is coming to an end. For additional dinner time activities, visit the following website:

<http://www.sheknows.com/parenting/articles/824467/5-games-to-play-at-the-dinner-table>.



crispy oven-fried chicken

Ingredients

1/2 cup fat-free milk
or buttermilk

1 teaspoon poultry seasoning

1 cup cornflakes, crumbled

1 1/2 tablespoons onion powder

1 1/2 tablespoons garlic powder

2 teaspoons black pepper

2 teaspoons dried hot
pepper, crushed

1 teaspoon ginger, ground

8 pieces chicken, skinless
(4 breasts, 4 drumsticks)

a few shakes paprika

1 teaspoon vegetable oil



1. Preheat oven to 350°F.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs, and place in plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk and shake to remove excess. Quickly shake in bag with seasonings and crumbs, and remove the chicken from the bag.
5. Refrigerate chicken for 1 hour.
6. Remove chicken from refrigerator and sprinkle lightly with paprika for color.
7. Space chicken evenly on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for another 30-40 minutes or until meat can easily be pulled away from the bone with fork. Drumsticks may require less baking time than breasts. Crumbs will form crispy "skin."

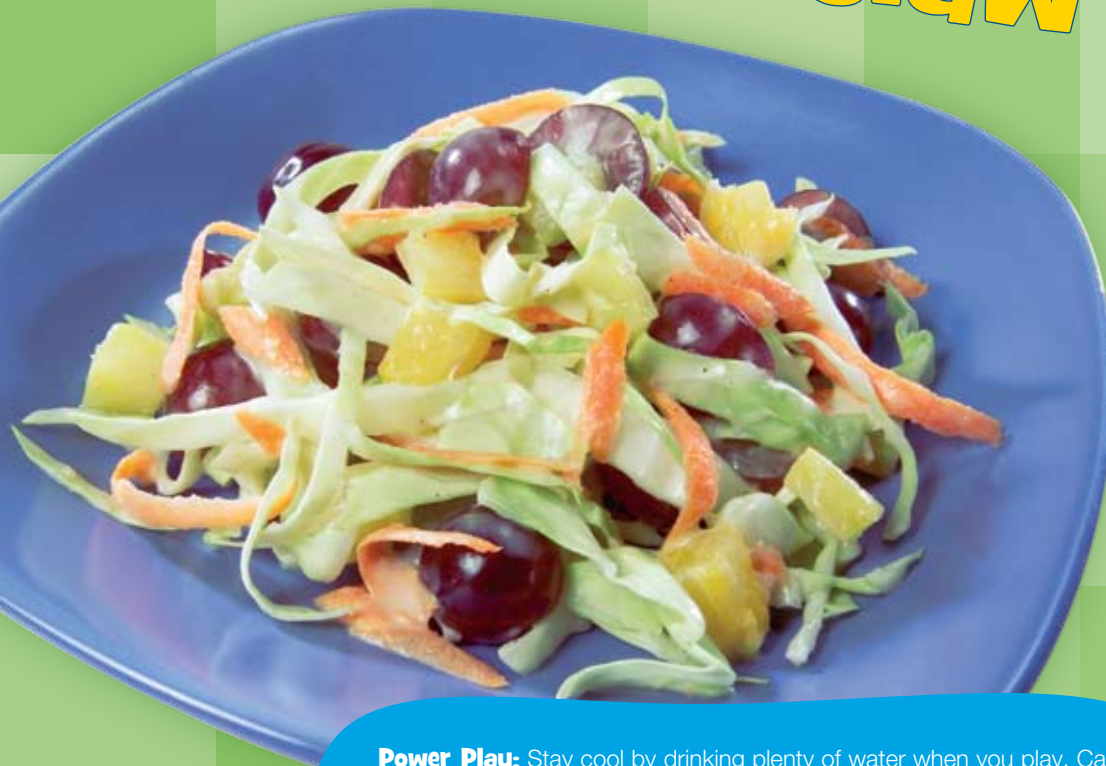
Note: Do not turn chicken during baking.

Yield 10 servings, **Serving Size** 1/2 breast or 2 small drumsticks, **Calories** 117, **Total Fat** 3g, **Saturated Fat** 1g, **Cholesterol** 49mg, **Sodium** 67mg, **Total Fiber** 1g, **Protein** 17g, **Carbohydrates** 6g, **Potassium** 1mg



National Heart, Lung,
and Blood Institute

Crazy COOLslaw



Ingredients

- 4 cups shredded green cabbage
- 1½ cups grapes, each grape cut in half
- 1 cup shredded carrots
- ½ cup drained, canned crushed pineapple*
- 3 tablespoons light mayonnaise
- 1 tablespoon honey†
- 1 teaspoon cider vinegar or lemon juice
- ⅛ teaspoon cinnamon

*canned fruit packed in 100% juice

†Do not give honey to children under the age of one.

Preparation

1. Combine all ingredients in a medium bowl.
2. Stir well to mix ingredients.
3. Chill for 15 minutes before serving. Serve.

Makes 6 servings. One serving equals 1 cup.

Preparation time: 10 minutes

Network for A Healthy California: Kids...Get Cookin'! Fast and Fun Recipes
Available at: www.cdph.ca.gov

Power Play: Stay cool by drinking plenty of water when you play. Carry a water bottle and drink water before you get thirsty. Fruits and vegetables have a lot of water in them, so they make great post-play snacks.

Take Time For Meals

Tips for family meals.

HERE ARE SOME TIPS FOR FAMILY MEALS:

- Be a positive role model by trying new foods together.
- Encourage children to try everything on their plate, not to clean their plate.
- Introduce new foods with the No Thank You Bite Technique. Ask children to take one bite of a new food. After tasting, let them choose whether they want to eat more.
- Turn off the TV during meal times. Try playing music for background noise.

ENCOURAGE CHILDREN TO HELP IN THE KITCHEN. ALLOW THEM TO:

- Add, sprinkle or spread ingredients
- Peel eggs or fruit, such as bananas or oranges
- Rinse fruits and vegetables
- Tear lettuce for a salad
- Stir pancake batter



Individual Pizza Rounds

- Preheat oven to 350°F.
- Spread pizza sauce on whole wheat flat bread or pita bread.
- Add shredded cheese.
- Top with diced vegetables and lean proteins (peppers, mushrooms, zucchini, ham, etc.)
- Sprinkle with oregano
- Place on baking sheet and bake for 10-15 minutes at 350°F, or until cheese is melted (times may vary).
- Slice pizza into triangles
- Serve with fruit and a glass of fat-free or low-fat milk.