

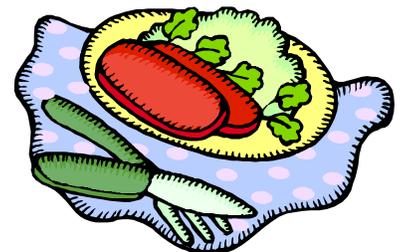
---

# IT'S FAMILY TIME!

Experts say that when families eat together, their children usually have improved academic performance and higher self-esteem.



- Everything tastes better when you are happy, relaxed and part of a group. Young children enjoy eating in a happy, relaxed group, too.
- Eat about the same time every day. Sit and talk with your child while you eat.
- Turn off the TV. And don't fuss at your child at meal time!
- Expect your child to spill. All children spill. Just put a little bit in the cup or glass until your child passes this stage. Keep a towel handy.
- Don't argue with a child who doesn't want to eat!
- Your child may be tired, excited or just not hungry. Have they been snacking too close to meal time?
- Stay calm! Wait until the next regular meal or snack time to give food. Children will eat when they get hungry enough.



# IT'S FAMILY TIME!

## QUICK & EASY MEAL IDEAS



### Foiled Again!

Cut up fresh seasonal vegetables - zucchini, tomatoes, eggplant, whole mushrooms, summer squash, and red and green peppers - into similar-size chunks and place on a large piece of heavy-duty aluminum foil, double thickness. Add three cloves of sliced garlic if desired. Drizzle with olive oil and sprinkle with your favorite herbs. Close the foil into a tent - sealing the top and sides. Place on the grill or put in the oven at 400 degrees and cook for about 20 minutes until vegetables are tender.

**It's the Berries**  
Layer low fat vanilla yogurt, berries and granola for a colorful dessert.

### Pasta Salad in a Snap

Cook some of your favorite macaroni - try some fun shapes like ziti or shells. Drain and rinse. Toss drained noodles with your family's favorite vegetables, (like broccoli, shredded carrots, tomatoes or peppers), shredded cheese and a little Italian dressing. Chill for at least 2 hours.

### Best of Show Chili—Makes 8 servings

- 1 pound lean ground beef
- 1 teaspoon oregano
- 1 large onion, chopped
- 1 green pepper, chopped
- 2 cloves garlic, minced or 1 teaspoon garlic powder
- 1 Tablespoon chili powder
- 2 (16 ounce cans) chunky tomatoes
- 4 cups cooked kidney beans
- 1 cup tomato sauce

Brown ground beef in a large pot and drain well. Add next 4 ingredients and cook over medium heat for 8 minutes, stirring occasionally. Add the tomatoes, beans and tomato sauce. Bring mixture to a simmer and cook for 20 minutes. Serve with grated cheese.

