

Family Nutrition Newsletter

August 2022



Importance of Family Meals

Sitting down to eat meals has many benefits - including nutritional, academic, and social-emotional benefits.

Benefits in younger children include:

- Increased consumption of fruits and vegetables
- Increased vocabulary, which can lead to early reading
- Better academic performance

In older children, regular family meals has been shown to:

- Reduce obesity risk
- Reduce depression and suicidal thoughts
- Improve academic performance



Here are some simple tips to help make family meals happen...and a few of our favorite recipes to make family meals delicious!

1

PLAN AHEAD

Don't assume you'll make time. As the week goes on, the schedule fills up quick. Just as we plan meetings and soccer games, we need to plan ahead and put family dinners on the calendar too. Aim for as many as you can, even one will be beneficial.

KEEP IT SIMPLE

The meal doesn't need to be gourmet, it just needs to happen. Choose foods you are comfortable cooking and your family enjoys. Takeout works too, as long as you are eating together. Just be mindful of selecting healthier options.

2

3

AVOID DISTRACTIONS

It's time to turn off the TV, put down the cell phones, and put away the tablet. Minimize the distractions around you so that you can focus on one another.

Here are a few of our favorite easy, healthy dinners:



SLOW COOKER CREOLE
KIDNEY BEANS



ITALIAN SAUSAGE WITH
WINTER VEGGIES



CHEESY CHICKEN AND RICE



CHICKEN TORTELLINI SOUP