



Family

Mealtime Challenge

Did you know?

Research shows that eating family meals together on a regular basis has a positive impact on the well-being of children and adolescents. Eating together as a family can:

- > Boost children's vocabulary
- > Reduce children's risk of drugs/alcohol
- > Improve family members' mental health
- > Bring families together

The purpose of the Family Mealtime Challenge is to raise awareness about the importance of family meals by increasing the quality of time and quality of food.

How can I join the fun?

It's easy! Work together as a family to complete the challenges. Try to get as many bingo boxes as you can! (No need to get 5 in a row. Every box counts!) At the end of the week, fill out your survey with the number of bingo boxes you completed. You'll be entered into a drawing for fun prizes!



FamilyMealtimeChallenge

Family Mealtime Goals:

QUALITY TIME

Eat. Talk. Connect. When it comes to family meals, quality is just as important as quantity. Turn off devices (cell phones, computers, etc.) and enjoy time together. Try "conversation starter" questions for a fun way to interact.

QUALITY FOOD

Eat Colorful Foods. Adding a variety of colorful fruits and vegetables to your plate will ensure you're getting all the nutrients you need.

Eat/Drink Less Sugar. When you eat sugar, your body uses it for energy. Eating a little bit of sugar is OK, but too much sugar isn't good for your body or your teeth. Sugar is in many foods like candy and ice cream, but it can also be hidden in other foods and beverages (cereal, yogurt, granola bars, juice, soda and more).

FAMILY BOX BINGO

Every Box is a win!

Eat. Talk. Connect. <input type="checkbox"/> Have a pajama party! Serve breakfast at dinner and wear PJ's.	Eat Colorful Foods! <input type="checkbox"/> Make a colorful fruit salad in place of dessert! Kids cut up a variety of fruit.	Eat/Drink Less Sugar! <input type="checkbox"/> Set a goal to drink at least 5 - 8 glasses of water each day.	Eat. Talk. Connect. <input type="checkbox"/> Turn off technology. Eat dinner together with no cell phones or TV.	Eat Colorful Foods! <input type="checkbox"/> Prepare a new vegetable you have never tried!
Eat. Talk. Connect. <input type="checkbox"/> Kids cook! Have the adults help the kids prepare a meal.	Eat Colorful Foods! <input type="checkbox"/> Make homemade pizzas with added healthy toppings.	Eat. Talk. Connect. <input type="checkbox"/> Get fancy! Set the table, light candles and have name tents for everyone.	Eat/Drink Less Sugar! <input type="checkbox"/> Try a smoothie in place of pop or juice. See recipe ideas on the back of this sheet.	Eat Colorful Foods! <input type="checkbox"/> Save money by adding frozen fruits or vegetables into a recipe.
Eat Colorful Foods! <input type="checkbox"/> Salad bar night! Ask everyone to make his or her own dinner salad.	Eat/Drink Less Sugar! <input type="checkbox"/> Compare the sugar content in a variety of beverages. Pledge to rethink your drink!	- BONUS BOX - <input checked="" type="checkbox"/> See backside for Double Point Bonus Boxes.	Eat. Talk. Connect. <input type="checkbox"/> Swap seats with someone at the table. Then share a funny story about him or her.	Eat. Talk. Connect. <input type="checkbox"/> Ask each family member to come to dinner prepared to share a joke or funny story.
Eat/Drink Less Sugar! <input type="checkbox"/> Say no to regular, diet soda and energy drinks for 3 days.	Eat. Talk. Connect. <input type="checkbox"/> Invite a child or adult you know who often eats dinner alone.	Eat. Talk. Connect. <input type="checkbox"/> Pack a picnic! Have an indoor or outdoor family picnic.	Eat Colorful Foods! <input type="checkbox"/> Shop for seasonal fruits and vegetables at a local farmer's market or grocery store.	Eat Colorful Foods! <input type="checkbox"/> Kids choose! Go on Pinterest and have kids pick a healthy new recipe to try.
Eat Colorful Foods! <input type="checkbox"/> Make a recipe using beans in place of meat for a healthy alternative.	Eat/Drink Less Sugar! <input type="checkbox"/> Make fruit-infused water in place of pop or juice.	Eat Colorful Foods! <input type="checkbox"/> Add a powerhouse of nutrients with spinach or kale in a salad, casserole or recipe.	Eat. Talk. Connect. <input type="checkbox"/> Choose a dinner theme (luau, lite bites, Chinese, etc.) Cook together. Decorate.	Eat/Drink Less Sugar! <input type="checkbox"/> Blend fruit. Pour into ice cube trays. Add frozen cubes to water for a fruit-infused beverage.

Child's Name: _____

Rainbow Stir Fry

Serves: 6 | Time: 30 min

Stir fry Ingredients:

2 Tbsp. Canola oil 1 lb. boneless, skinless chicken breast ½ cup yellow onion, chopped
2 garlic cloves, peeled and chopped 2 cups broccoli, chopped to bite-sized pieces
1 red bell pepper, chopped 1 yellow bell pepper, chopped 1 cup snow peas, trimmed
3 cups brown rice, cooked per package instructions

Sauce:

1 cup cold water
1 Tbsp. corn starch
½ tsp. sesame oil

2 Tbsp. low-sodium soy sauce

1 Tbsp. rice vinegar

½ -1 tsp. Asian chili paste or Red pepper flakes, optional

Instructions:

1. Prepare brown rice per package instructions.
2. Sauce: combine all ingredients in a small bowl and mix well. Set aside.
3. Heat 1 Tbsp. oil in a wok or large skillet over medium/high heat.
4. Stir fry chicken, onions, and garlic by stirring until cooked thoroughly. Chicken should reach an internal temperature of 165F. Remove from pan.
5. In the same pan, add 1 Tbsp. oil and vegetables. Stir fry until vegetables are slightly softened and broccoli is bright green.
6. Add chicken and onion mixture to the vegetables, stir to combine.
7. Reduce heat, add sauce and cover to steam the vegetables for 3-5 minutes.
8. Serve over prepared brown rice.

Recipe adapted from PowerUp Stir Fry recipe.

BONUS BOX - RESOURCES

1. Take a photo or video of your family having fun doing one of the challenges. Post to Facebook: www.facebook.com/familymealtimechallenge
2. Visit Allina's website: www.healthpowerkids.org for helpful resources.
3. Visit FARE for ALL's website (fareforall.org) to save money on food.
4. Give help. Get help. Collect non-perishable food for the local food shelf. Visit the Christian Cupboard website (emergency food shelf) at ccefs.org
5. Visit Park Grove library in Cottage Grove or R.H. Stafford library in Woodbury to see their Family Mealtime Challenge book displays. Choose a related book to check out.

* Remember to complete the survey at the end of the 2 week challenge!
Your child's principal will email a survey link.

THANK YOU!

What's For Dinner?

Family

Mealtime Challenge

BINGO



Fruit Water

Rethink Your Drink!

Fruit Water doesn't have any added sugar – but it's just as tasty as juice or soda! Just add any of these fruit, vegetable, and herb combinations to a pitcher of water, let it soak for a few hours, and enjoy! You can leave the fruit in the water or take it out before drinking. You can also add a splash of sparkling water to add some fizz!

Cucumber Lemon

Grape Strawberry Lime

Mango Mint

Cucumber Lime Strawberry

Lemon Raspberry

Orange Blueberry Basil

Cucumber Mint

Strawberry Blueberry Grape

Fairytale Smoothies

Serves: 1 | Time: 10 min

Flavors for Fruit Smoothie Recipes

1. **Purple Dragon:** 1 cup frozen blueberries, ½ cup orange juice, 6 oz yogurt
2. **White Unicorn:** 1 large (over-ripe) banana, ½ cup milk, 6 oz yogurt
3. **Goldilocks:** 1 cup frozen mango, ½ cup pineapple or orange juice, 6 oz yogurt
4. **Pink Princess:** 1 cup frozen raspberries, ½ cup milk, 6 oz yogurt
5. **Green Frog Prince:** 1 large (over-ripe) banana, ½ cup pineapple juice, handful of spinach or kale leaves, 6 oz yogurt
6. **Magic Fairy:** 1 cup frozen pineapple, ½ cup canned coconut milk, 6 oz any tropical-flavor yogurt. Add "fairy dust" sprinkles on top.
7. **Ugly Duckling:** Throw all the leftover frozen fruit (to equal 1 cup) you can find into a blender with 1 tbsp cocoa powder, ½ cup liquid of choice, and 6 oz yogurt, and see what comes out. Add a few spinach or kale leaves for maximum ugliness and power-packed nutrition!

QUALITY FOOD + QUALITY TIME

Need Some New Ideas?

Do you have PICKY EATERS?

- Try meals that have "add-ons" that kids can customize. Tacos, soups/chilis, pizza, eggs, and pastas are great basics that can be customized to each child's liking. For example, make a basic chicken taco but have a variety of toppings for each child to choose from.
- Encourage your children to pick a new fruit or vegetable when at the store. Kids may be more willing to try something new if they get to choose it! Aim to have half your plate filled with fruits and vegetables.
- Have your child help prepare the meal as much as they can. It helps them learn about the various foods you are cooking, and they will want to try the food that they made!
- Keep trying! Research shows that your child may need to try a new food 10-15 times before he or she likes it!
- Despite having picky eaters, it's important to offer the same foods to the whole family. If you cook special meals for your picky eater, he or she will always expect to get whatever they want to eat and will always be reluctant to try new foods. It's okay if they don't eat the entire meal or refuse to eat a meal every so often.

Visit www.cecool.com/familymealtime for more recipes, tips, and challenges!

MEALTIME TIPS for Busy Families:

- Create a family meal schedule!
- Even if you're not eating at the same time, still try to sit down with and connect with your children during that time.
- Instead of cooking a new meal each night, plan for leftovers and either eat them the next night or freeze them for later.
- Make homemade freezer meals! On a particularly busy night you can just pop a meal into the oven and have it ready to go quickly.
- Family meals aren't just for dinner! You could enjoy breakfast, lunch, or other mealtime together (especially on weekends)!

THIS PROJECT IS SUPPORTED IN PART BY

