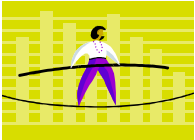




A Fact About Family Meals

Family dinners are more important than play, story time and other family events in the development of vocabulary of younger children.

Harvard Research, 1996



Balancing Food, Fun & Fitness



For many, the new year starts with a list of things we resolve to do to become healthier. The key to becoming a healthier you is to make small changes a little at a time. Here are some ideas to help you get started:

- Be active, play, have fun. Figure out what you enjoy doing and do it often.
- Eat reasonable portion sizes.
- Increase your consumption of whole grain foods.
- Eat a variety of colors of fruits and vegetables every day.
- Choose one food item you enjoy and switch to the low-fat version.
- Eat a meal with your family one or more times a week.
- Wear sunscreen—all year long—not just in the summer.
- Keep up-to-date on health screenings.
- Cut down on your consumption of high sugar beverages.
- Go to bed a little earlier one or more days a week.
- Make time for yourself (at least 10 minutes) every day.
- Replace one or two hours of “screen time” a week with a physical activity.
- Reconnect with a friend or relative you haven’t seen for awhile.
- Serve others—do something nice for someone in your family or community.
- Enjoy a piece of dark chocolate every day—it actually is good for you.

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SILENCE BUSTERS

The start of a new year is the perfect time to connect with your kids about special times from 2010 and talk about what they hope for in the year to come. Here are some things to bring up at your next family meal:

What is your favorite memory of 2010? Why?

What is one thing new you would like to learn to do in 2011? How can we work together to make it happen?

Keep it on the light side, leaving serious discussion for another time. Turn off the TV, cell phones and iPods and just listen to what each other has to say.



HALFWAY HOMEMADE

PIZZA, PIZZA

Homemade pizza can be a quick and easy meal. By choosing your toppings carefully, you can cut down on calories and fat and still have a pizza that is tasty and filling. Try these tips:

- *Use a whole grain crust.* Purchase a pre-made whole wheat pizza crust or pizza crust mix. Whole grain tortillas, pita breads or English muffins work well for personal sized pizzas. If you like a thicker crust, try a split loaf of whole wheat French bread or a flatbread (focaccia).
- *Use lots of sauce.* Tomatoes are an excellent source of the powerful antioxidant, lycopene, which may help prevent chronic disease.
- *Cut back on the cheese or use a low-fat variety.* Measure the amount of cheese you use and then use a bit less. Non-fat cheeses don't melt well so reduced fat may be a better choice.
- *Cut back on the use of high-fat meats.* Instead try using lean ground beef, chicken, or Canadian bacon.
- *Load up with veggies.* Vegetables are nutritious and low in calories so you can use generous amounts of them. Any of your favorite vegetables would work well.

Here are some fun topping combinations to try:

Southwestern: Enchilada sauce, shredded or cubed leftover pork roast, diced tomato, corn & diced onion. Top with cheddar & Jack cheeses.

Buffalo Chicken: Use low-fat Ranch or blue cheese dressing (or a combination) for the sauce. Toss chunks of boneless, skinless chicken breast in bottled buffalo sauce. Top with your choice of cheese. Sprinkle with chopped fresh celery when it comes out of the oven.

Tex-Mex: Use a layer of canned refried beans and salsa for the sauce. Sprinkle with diced onion and green and red peppers (or any fresh pepper of your choice) and sliced black olives. Top with cheddar cheese.

Quick & Easy Whole Wheat Pizza Dough

2 cups whole wheat flour
1 tablespoon active dry yeast
 $\frac{3}{4}$ teaspoon salt
1 cup warm water
1 tablespoon olive oil
1 teaspoon honey

1. Pour flour into a large mixing bowl. Add yeast and salt. Mix well. Add water, oil and honey; mix well.
2. Cover with a moist cloth and place in a warm spot for 10 minutes to rise.
3. Punch down and press into a greased 14 inch pizza pan or a 10 inch pan for a thicker crust.
4. Spread sauce and other toppings on pizza crust. Bake at 425 degrees for 15 to 20 minutes or until crust is golden brown and cheese is melted.

Source: Utah State University Health & Wellness Center

QUICK FIXES

Warm Winter Soups

When it's cold outside, there is nothing more satisfying than a steamy bowl of soup. Add crackers or a whole wheat roll on the side and fruit for dessert and you are ready to eat.

Cheese and Corn Chowder

Yield: 6 Servings

- 2 cups diced potatoes or frozen cubed hashbrowns
- 1 cup sliced fresh or canned carrots
- 1 cup chopped celery
- ½ cup chopped onion
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 can cream style corn
- 1 ½ cups nonfat milk
- ½ cup reduced-fat shredded cheddar or American cheese

Variation for this Recipe:
Add ½ cup cubed cooked ham to make Ham, Cheese & Corn Chowder.

1. Combine potatoes, carrots, celery, onion and seasonings in pan. Add 1 cup water. Cover and simmer 10 minutes.
2. Add corn, salt and pepper. Cook 5 more minutes or until vegetables are cooked.
3. Add milk and cheese. Stir until cheese melts and chowder is heated through.
4. **DO NOT BOIL**
5. Serve hot.

PER SERVING: CALORIES 179; FAT 4 G; PROTEIN 7 G; CARBOHYDRATE 32 G; FIBER 3 G
Recipe Courtesy of Montana Extension Nutrition Education Program

Italian Wedding Minestrone Soup

Yield: 8 Servings

- 2 teaspoons cooking oil
- 1 onion, chopped
- 2 or 3 large garlic cloves, minced
- 2 14.5-ounce cans low sodium chicken broth
- 1 16-ounce can stewed tomatoes or diced tomatoes
- 1 16-ounce can kidney beans, drained and rinsed
- 1 10-ounce package frozen vegetables or 1¼ cups fresh vegetables, peeled and chopped
- 1 teaspoon dried basil, oregano or Italian seasoning
- ½ cup uncooked pasta, such as rotini, macaroni, or small shells

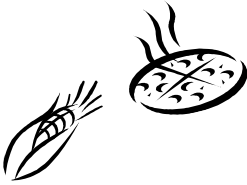


1. Heat oil in large saucepan. Saute onion and garlic.
2. Add broth, tomatoes, beans, frozen or chopped vegetables, and seasonings. Stir to mix.
3. Bring to boil on medium-high heat.
4. Stir in pasta. Reduce heat to medium-low. Simmer about 20 minutes until the pasta is tender.

PER SERVING: CALORIES 133; FAT 2 G; PROTEIN 7 G; CARBOHYDRATE 22 G; Fiber 5 G
Recipe Courtesy of Iowa State University Extension "Food and Fun for Healthy Families 2008 Nutrition Calendar"



DOABLE DINNER



Mama's Pizza Boats
Bagged Tossed or Caesar Salad
Frozen Fruit Cups
Low-Fat or Non-Fat Milk



Mama's Pizza Boats

4 whole wheat hot dog buns or English muffins
 ½ cup pizza sauce
 5 to 6 ounces sliced cooked ham, browned ground beef or turkey or Canadian bacon
 1 cup vegetables (for example: fresh or canned mushrooms, sliced or chopped onions, sliced or chopped peppers and/or drained pineapple tidbits)
 1 cup shredded part-skim mozzarella cheese or reduced fat cheddar cheese

Cover baking sheet with foil. Open buns or split English muffins and lay cut-side up on baking sheet. Toast for a few minutes in the oven until tops are golden. Spread about a tablespoon of sauce on each half of bun or muffin. Layer meat and vegetables or pineapple. Sprinkle cheese on top. Bake for about 10 minutes until heated through and cheese starts to bubble.

Recipe courtesy of Iowa State University Extension "Food and Fun for Healthy Families: 2008 Nutrition Calendar"

Shopping List

- ✓ English Muffins or hot dog buns
- ✓ Pizza sauce
- ✓ Choice of meat (or use leftovers)
- ✓ Choice of vegetables
- ✓ Mozzarella cheese
- ✓ Bagged Salad
- ✓ Bananas
- ✓ Nonfat strawberry yogurt, 24 ounces
- ✓ Frozen strawberries, 10 ounces
- ✓ Crushed pineapple, 8 ounce can

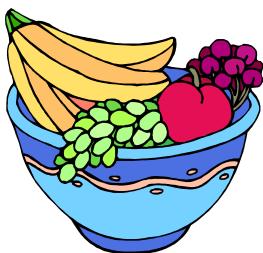
PER SERVING: CALORIES 326; FAT 9.9 G; PROTEIN 26.9 G; CARBOHYDRATE 33.6 G FIBER 5.3 G

Frozen Fruit Cups Yield: 18 servings

3 bananas
 24 ounces yogurt, nonfat, strawberry
 10 ounces strawberries, frozen—thawed and undrained
 8 ounces undrained, canned crushed pineapple

Line 18 muffin-tin cups with paper baking cups. Dice or mash bananas and place in a large mixing bowl. Stir in remaining ingredients. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer. Before serving, remove paper cups and let stand 10 minutes.

Recipe courtesy of Kansas Family Nutrition Program



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