

Mealtime is Family Time

Fun Food News



For fun games and recipes, visit www.EatWellBeWell.org



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP through the Arizona Nutrition Network. This institution is an equal opportunity provider and employer.

Kids Take Action

Join in with food shopping and cooking. Sit down as a family to plan a menu and enjoy spending time together.

- Participate in food shopping trips and choose vegetables and fruits to add to meals.
- Pack your lunch. Plan a menu for the week with different foods that you like and are healthy for you.
- Prepare family meals with your parents by measuring and mixing ingredients.



Eat Smart to Play Hard

- Be a picker! When shopping, help choose a new vegetable or fruit to try.
- Make it snappy! Snap the green beans, snap peas, or break the flower heads from the broccoli or cauliflower.
- I spy. Play "I Spy" in the vegetable and fruit section when grocery shopping.
- Tear it up! Tear the lettuce for salads and sandwiches.



Keep Moving!

The average kid spends more time watching TV, than running and playing. Kids need to run and play every day. Quiet time for reading and homework is fine, but you should limit time spent watching TV, playing video games, or surfing the web so you have more time to play!

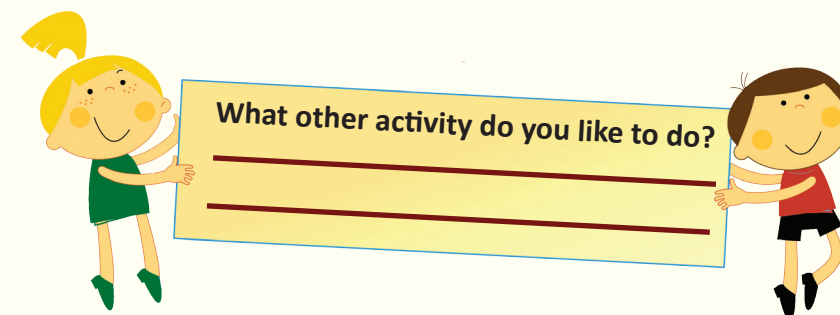
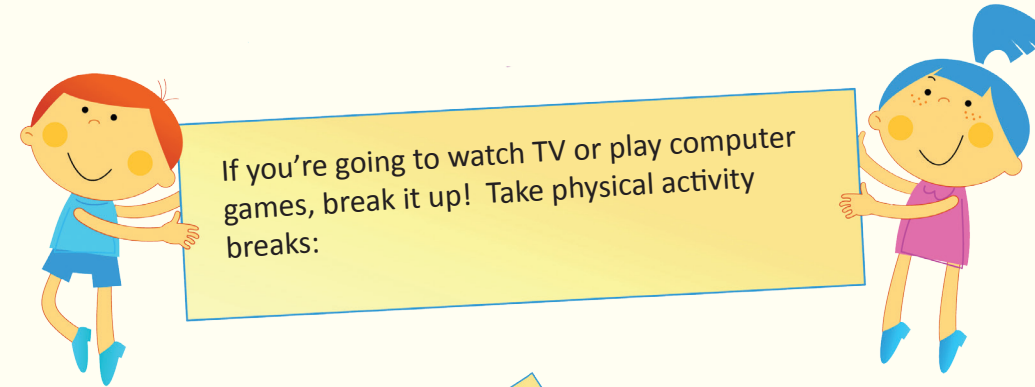


Table Talk

Ask these questions at your family meal:

- What superhero do you think you are most like?
- If you could meet any famous person, who would it be, and what would you say?
- If you could change one thing about your city or town, what would it be?

Let's Play!

Bring a die to the table	Youngest goes first	Roll the die	Eat that number in bites	Pass the die
Pass the Die to the next player and continue the game.				

The First to Eat Their Vegetables Wins!

Garden Sloppy Joes



Ingredients

- | | |
|---|---|
| 1 onion, chopped
1 carrot chopped or shredded
1 green pepper, chopped
1 pound ground meat (turkey, chicken or beef)
14.5 ounce can crushed tomatoes
8 ounce can of mushrooms, drained or 1/2 pound chopped fresh mushrooms | 8 ounce can of tomato sauce
1/4 cup barbecue sauce
6 whole wheat buns split in half to make 12 or whole wheat English Muffins |
|---|---|

Makes 12 servings,
Serving Size: 1/2 bun.

Directions

1. Wash hands with warm water and soap.
2. Sauté onions, carrots, green pepper and ground meat in a 2 to 3 quart saucepan over medium-high heat for 5 minutes.
3. Add tomato sauce, crushed tomatoes, mushroom and barbecue sauce.
4. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
5. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts

per serving	
calories.....	139
carbohydrates.....	19 gm
protein.....	11 gm
total fat.....	3 gm
saturated fat.....	0.70 gm
transfat.....	0.17 gm
cholesterol.....	20 mg
dietary fiber.....	3 gm
total sugars.....	7 gm
sodium.....	333 mg
calcium.....	41 mg
folate.....	13 mg
iron.....	2 mg
calories from fat.....	17%

For more free recipes, visit EatWellBeWell.org or call 1-800-695-3335.



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. AzNN 6/15