

Community Health Newsletter

Week Eight



H: Healthy Family Meals



Eating meals with family helps to keep kids slimmer, healthier, and less likely to suffer from eating disorders.

While studies indicate that food prepared at home is generally, more nutritious and less calorie-dense, healthy family meals involve more than food.

Remember kids learn from watching. They watch and follow what you do at the table.

- Slow down and enjoy the time together.
- Connect. Talk about day's events. Talk to promote interaction and a sense of unity.
- Promote good table manners.
- Turn off the TV. It is easy to overeat when distracted. It takes the brain about 20 minutes to realize how much food you have eaten and to know when you have had enough.
- The family meal does not have to be dinner. Try starting the morning with a family breakfast.
- Family meals do not have to be hard. Simple will do.

(SOURCE: Amber J. Hammons, Ph.D., postdoctoral research associate, Family Resiliency Center, University of Illinois at Urbana-Champaign; Connie Diekman, director of university nutrition,

Food Of The Week: Healthy Family Meals

Healthy family meals is this week's theme; in addition, October is National Farm to School Month.

Teach your kids about the economic and health benefits of eating local fruits, vegetable, dairy and other products.

- Talk to them about eating fresh, seasonal produce.
- Take them to a local farmers' market.

ACTIVITY TIP

Good arms are necessary for reaching, holding, and leverage at the farmers' market or any market.

One of the most effective, yet simple arm toning exercises is the push up.

- Lie on the floor and place your palms on the floor directly under your shoulders.
- With your toes (or knees) on the ground, push your body up. Keep your body as straight as possible.

Lower your body down, but not all the way to the ground. Keep your movements slow and steady.

Recipe: Oven - Baked French Fries

- 4 (2 lb) large potatoes
- 8 C ice water
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp salt
- 1 tsp white pepper
- 1/4 tsp allspice
- 1 tsp hot pepper flakes
- 1 Tbsp vegetable oil

- If you need help locating a farmers' market or help identifying produce in season near you, try the Internet: <http://www.simplesteps.org/eat-local/farmers-markets>

1. Scrub potatoes and cut into 1/2-inch strips.
2. Place potato strips into ice water, cover, and chill for 1 hour or longer.
3. Remove potatoes and dry strips thoroughly.
4. Mix garlic powder, onion powder, salt, white pepper, allspice, and pepper flakes in a bowl.
5. Place potato strips in plastic bag. Add oil and shake. Add spices and shake.
6. Place potatoes in nonstick shallow baking pan.
7. Cover with aluminum foil and place in 475 °F oven for 15 minutes.

Remove foil and continue baking uncovered for additional 15–20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

