



Family Meals: Cook Together, Eat Together, Grow Together



Picture: <http://pulse.ng/relationships/family-relationships-7-good-reasons-families-should-always-eat-together-id3762806.html>

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Benefits of eating together

❖ Family Bonding

Sharing a meal with family gives everyone the opportunity to take some time from their busy schedules to talk about their day and show support to each other. It can give parents the ability to learn what their children learned in school or what they did that day. On top of that it can allow your family members to maintain a lasting bond.

❖ Model healthy behaviors for children

When children see their parents or older family members eating healthy foods like vegetables, they are more likely to eat their vegetables too. Even if they put up a fuss at first, after about 3 tries of a new food, children generally like that food.

❖ Give structure to your family's day

Enjoying a meal together once a day can help give you and your family a routine. This can provide your family with feelings of security and safety.

❖ Protect against some mental illnesses and substance abuse

Not only do family meals give you the chance to talk to your children, they can also help you spot any issues that your child may be having which can prevent bad situations later on. Studies have found that regular family meals offer protective factors for teenagers against depression, suicide attempts and disordered eating behaviors. More family meals are also associated with lower use of cigarettes, alcohol, and marijuana use.



Get Kids Cooking



Kids of all ages can have fun in the kitchen! Not only will they be learning cooking skills, food safety basics and proper nutrition, they can further develop math, reading, science and fine motor skills.

Ages 3-5: need close supervision

- ❖ Rinse produce in a bowl of water
- ❖ Clear tabletops
- ❖ Use cookie cutters
- ❖ Mix simple ingredients
- ❖ Use a plastic knife to cut soft fruit or vegetables on a cutting board
- ❖ Use a pastry brush to oil bread, vegetables or other foods

Ages 6-7: can handle more complex kitchen tasks because fine motor skills are more developed

- ❖ Crack eggs into a bowl
- ❖ Use a vegetable peeler
- ❖ De-seed peppers and tomatoes
- ❖ Shuck and rinse corn
- ❖ Prepare lettuce for a salad
- ❖ Use blunt scissors to cut green onions or herbs

Ages 8-9: Skills and abilities may vary depending on maturity level of individual child

- ❖ Rinse and clean vegetables
- ❖ Use a can opener
- ❖ Beat eggs
- ❖ Measure and mix dry ingredients
- ❖ Use a food thermometer
- ❖ Juice citrus fruit
- ❖ Pound chicken on a cutting board

Ages 10-12: Provide with more responsibilities but still keep an eye on them

- ❖ Boil pasta and vegetables
- ❖ Simmer ingredients on the stovetop
- ❖ Follow simple step-by-step recipe
- ❖ Slice and chop vegetables
- ❖ Bake and microwave foods

Don't forget about food safety:

Wash hands before and after handling food, clean cooking surfaces before and after cooking, and kids should always cook with adult supervision

Cooking Terms/Terminos de cocina



You may come across these terms when using recipes
Puede que esta terminología cuando uses las recetas

Bake: To cook in an oven surrounded by dry heat. Bake foods uncovered for dry, crisp surfaces or bake them covered to keep the surface soft. Baking is often used for breads, casseroles, cakes and pies.

Hornear: Cocinar en un horno rodeado de un calor seco. Hornee los alimentos destapados para superficies secas y crujientes o hornéelos tapados para mantener las superficies suaves. Este método suele usarse para cocinar panes, cacerolas, pasteles y pies.

Braise: A method that makes less-tender cuts of meat more tender. Food is usually browned in a skillet and then covered and cooked in a small amount of liquid at a low temperature. This could be in the oven, on top of the stove or in a slow-cooker. Food could be in a covered casserole, a covered pan or wrapped in foil.

Cocinar a fuego lento: Es un método que hace que los cortes de carne menos tiernos sean más tiernos. Usualmente el alimento se dora en un sartén y luego se tapa y se cocina en una pequeña cantidad de líquido a una temperatura baja. Esto podría ser en el horno, en la estufa o en una olla de cocimiento lento (slow-cooker). La comida podría estar en una cacerola tapada, un recipiente tapado o envuelto en papel de aluminio.

Boil: To heat liquid over high heat until large bubbles break nonstop on the surface and steam rises from the surface

Hervir: Calentar líquido sobre fuego alto hasta que burbujas grandes rompan sin parar en la superficie y el vapor suba de la superficie.

Chop: To cut into coarse or fine uneven pieces with a knife, food chopper or food processor.

Cortar: Cortar en trozos irregulares o finos con un cuchillo, máquina de cortar alimentos o procesador de alimentos.

Cream: To work one or more foods until soft and creamy using a spoon or electric mixer.

Batir en forma de puré: Trabajar uno o más alimentos hasta que sea(n) suave(s) y cremoso(s) utilizando una cuchara o mezcladora eléctrica.

Dice: To cut food into cubes with a knife. Cubes are usually 1/2 inch or smaller in each direction.

Picar: Cortar un alimento en cubitos con un cuchillo. Los cubitos usualmente miden 1/2 pulgada o menos en cada dirección

Mince: To cut or chop into very small pieces, smaller than diced.

Picar finamente: Cortar en piezas muy pequeñas, o sea, más pequeñas que picadas.

Poach: To gently simmer in a liquid other than oil — such as water, milk, wine or stock.

Escalfar: Cocinar a fuego lento en un líquido que no sea aceite — tal como agua, leche, vino o caldo

Roast: To cook uncovered in hot air (such as in an oven). Often used for meats and vegetables. When roasting, meat may sit on a rack so that it doesn't sit in its own juices as it cooks. Sometimes a recipe will say to start roasting at a high temperature and then lower the temperature for the rest of the cooking time.

Asar: Cocinar sin taparse en aire caliente (tal como un horno). Frecuentemente utilizado para verduras y carnes. Cuando se asa carne, es recomendable colocarla en una rejilla para que no se pegue o rose en sus propios jugos mientras se cocina. A veces una receta recomendará que se empiece a asar a una temperatura alta y luego bajar la temperatura durante el resto del tiempo de cocción.

Sauté: To cook in a small amount of cooking oil over medium to high heat. Food is usually stirred or turned often.

Saltear: Cocinar en una pequeña cantidad de aceite vegetal sobre un fuego medio a alto. Por lo general la comida se revuelve y voltea frecuentemente.

Simmer: To cook in liquid just below the boiling point. Small bubbles will rise slowly and break just below the liquid's surface. Foods are often brought to a boil first and then heat is reduced to simmer.

Cocinar a fuego lento: Cocinar en líquido justo por debajo del punto de ebullición. Burbujas pequeñas subirán lentamente y se romperán justo por debajo de la superficie del líquido. Por lo general, se calientan los alimentos hasta que hiervan y luego se baja la llama a fuego lento.

Stir-fry: To cook pieces in a small amount of hot oil over high heat, lifting and stirring constantly with a turner or large spoon. Pieces of food are usually the same size. Vegetables, meats and tofu are common stir-fry ingredients.

Sofreír: Cocinar piezas en una pequeña cantidad de aceite caliente sobre un fuego alto, levantando y agitando constantemente con un volteador o cuchara grande. Piezas de comida usualmente son del mismo tamaño. Verduras, carnes y tofu son ingredientes comunes.

Whip: To beat ingredients to add air and increase volume. The goal is for the ingredients to become light and fluffy.

Batir: Batir ingredientes para agregar aire e incrementar su volumen. La meta es que los ingredientes queden ligeros y esponjosos.

See more at: <https://www.foodhero.org/tips/cooking-basics#tip>

Ver mas en: <https://www.foodhero.org/es/node/819#tip>

Adapted from Oregon State University Extension Service: Family and Community Health

Weekly Meal Planner

Use the weekly meal planner on the next page to plan your family's meals ahead of time. You can even use it as a grocery list when you go shopping. Don't forget to get the kids involved in deciding what they will eat for the week!

Steps

1. Decide on the meals that you want this week and write them in the menu box. You can also decide on who will help in with the cooking each day or assign jobs to each child.

Example:

Day	Kitchen Helper	Menu
Monday Dinner	Joey- set table Tina- make salads	Side Salad Lentil Tacos Brown Rice

2. List the ingredients needed for each meal within the right category. The categories are similar to the way a grocery store is set up to make it easy to go shopping using this list.

3. Place an "X" next to any ingredients that you already have and do not need to buy.

Example:

Produce	Dairy/Eggs/ Refrigerated	Meat/ Seafood	Frozen	Baked Goods	Other
Lettuce Tomato 1 Green Pepper 1 Red Pepper				Tortillas (6)	Lentils X Tomato Sauce Brown Rice X Taco Seasonings X (onion powder, chili powder, cumin) Salad dressing X

4. After you buy the ingredients for these meals, keep each meal item together to make it easier when it's time to cook.

5. Save the weekly meal planner so you can reuse it.

Day	Kitchen Helper	Menu	Produce	Dairy/Eggs/ Refrigerated	Meat/Seafood	Frozen	Baked Goods	Other
Monday Dinner								
Tuesday Dinner								
Wednesday Dinner								
Thursday Dinner								
Friday Dinner								
Saturday Dinner								
Sunday Dinner								
Weekday Breakfasts								
Weekend Breakfasts								
Weekday Lunches								
Weekend Lunches								
Snacks								
Household supplies								

Adapted from Abbot J. M. & Byrd-Bredbenner C. (2010). A tool for facilitating meal planning. *Journal of Nutrition Education and Behavior*. 42(1),66-68.

Freezer Magic



Buy fresh produce in bulk when prices are low and freeze for later use!

1. Freeze ripe fruits and vegetables that are free from mold or rotting
2. Only freeze fruits and vegetables that you want to cook or use in a smoothie. Vegetables that you eat raw like lettuce or cucumbers won't freeze well
3. Before you freeze, make your fruit and vegetables ready to eat by washing and cutting them.
4. Freeze on a baking sheet first so all the pieces don't freeze together
5. Pack in freezer safe bags or containers in the portions that you would use them
6. Most fruits can be frozen raw
7. Many vegetables should be "blanched" or partially cooked before they are frozen. You can steam them or microwave them for 1-2 minutes
8. When you're ready to use the vegetables, cook them frozen
9. Fruits can be thawed depending on their use



Cook Once, Eat Twice

Next try making double portions of your favorite casseroles, soups, stews, chilies and tomato sauce and freezing those!

1. Cool freshly cooked dishes quickly before freezing. Place food in a shallow, wide container and refrigerate, uncovered, to cool.
 - To chill soup or stew even faster, pour it into a metal bowl and set in an ice bath—a larger bowl filled halfway with ice water. Stir occasionally.
 - For stews, braises, or other semiliquid dishes with some fat content, chill completely, and then skim the fat from the top before freezing. Fat spoils over time in the freezer and shortens a dish's frozen shelf life.
2. Use freezer safe zip-top plastic bags and wrap to prevent freezer burn. Store soups and stews in bags which can be placed flat to freeze quickly and save space.
3. Freeze in amounts that you would need for one meal (1 quart) to help freeze and defrost quickly
4. Use permanent marker to label each container with the name, amount, and date
5. Most cooked dishes will keep for two to three months in the freezer.
6. Defrost in refrigerator or microwave- never at room temperature
 - Allow about 5 hours per pound for the meal to defrost in the refrigerator



Adapted from Food and Health Communications: <https://foodandhealth.com/freezer-magic-8-freezing-tips/> & CookingLight: <http://www.cookinglight.com/cooking-101/techniques/how-to-freeze-foods/more>

Sloppy Joe

Serving Size: 1/2 cup meat and one bun

Serves: 5

Ingredients:

- 1 pound ground beef
- 1/2 medium onion, chopped (about 1/2 cup)
- 1/2 cup celery, chopped (about 1 stalk of celery)
- 1/2 cup green or red pepper, chopped (about 1/2 large pepper)
- 1/4 cup water
- 1/2 cup tomato sauce
- 1 tablespoon prepared mustard
- 1 teaspoon sugar
- 5 whole wheat buns

Instructions:

1. Combine ground beef, onion, celery, and pepper in a medium skillet. Add water.
2. Cook over medium low heat for 15 minutes. Stir as needed. Cook until beef mixture reaches at least 160°F.

Cost Per Serving: \$.95

3. Put ground beef mixture in a colander. Pat mixture with paper towels and rinse with warm water to remove fat.
4. Return to skillet. Add tomato sauce, mustard, and sugar. Heat 5-10 minutes on low heat.
5. Toast buns in an oven broiler, toaster oven, or skillet. To use a skillet, spread buns with margarine and place face side down skillet. Cook over medium heat 1-2 minute

Nutrition Facts	
Serving Size 1/2 cup meat and 1 bun	
Servings Per Container 5	
Amount Per Serving	
Calories 290	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 560mg	23%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 11g	
Protein 20g	
Vitamin A 6%	Vitamin C 30%
Calcium 6%	Iron 15%

<http://www.extension.iastate.edu/foodsavings/recipes/sloppy-joes>

Roasted Tomato and Spinach Pasta

Serving Size: 1 1/4 cups

Serves: 4, Cost Per Serving: \$1.62

Ingredients:

- 2 cups cherry tomatoes (about 10 ounces)
- 4 tablespoons oil (canola or vegetable), divided
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 3 cups fresh spinach or 1 package (10 ounces) frozen chopped spinach, thawed
- 8 ounces whole wheat spaghetti
- 1 teaspoon Italian seasoning
- 5 tablespoons Parmesan cheese

Instructions:

1. Heat oven to 400°F.
2. Rinse the tomatoes under running water. Cut in half. Spread on greased baking pan.
3. Sprinkle oil (2 tablespoons), salt, pepper, and garlic powder on tomatoes. Stir to coat.

4. Bake for 15-20 minutes. Prepare spinach and spaghetti as tomatoes bake.
5. Slice spinach in strips. Or thaw, drain, and pat dry the frozen spinach. Set aside.
6. Follow package directions to cook spaghetti. Drain.
7. Add remaining 2 tablespoons oil, Italian

Nutrition Facts	
Serving Size 1 1/4 cups	
Servings Per Recipe 4	
Amount Per Serving	
Calories 380	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 47g	16%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 11g	
Vitamin A 25%	Vitamin C 20%
Calcium 10%	Iron 15%

- seasoning, spinach, and baked tomatoes to the spaghetti. Stir until heated through.

<http://www.extension.iastate.edu/foodsavings/recipes/roasted-tomato-and-spinach-pasta>

Lentil Tacos

Serving Size: 1/4 cup

Serves: 6

Ingredients:

- 1 cup lentils
- 1 1/4 cups water
- Taco Seasoning: 1/2 teaspoon garlic powder, 1/2 teaspoon cumin, and 1 Tablespoon chili powder
- 1 cup tomato sauce
- 6 tortilla shells

Instructions:

1. Wash lentils and sort. Throw away any lentils that should not be eaten.
2. Combine water, lentils, and seasoning in saucepan. Stir to mix.
3. Cover and bring to a boil. Reduce heat and simmer 30 minutes or until liquid is

absorbed and lentils are tender. Add more water if needed.

4. Stir in tomato sauce and heat a minute or two until heated all the way through.
5. Spread on tortilla shells and roll tortilla shells. Serve hot or cold. **Substitutions/Additions:**
 - If lentils are not available, use canned black beans, kidney beans, or pinto beans.
 - Add onion, green pepper, lettuce, tomatoes, shredded cheese, olives, etc., as desired.

Nutrition Facts		
Serving Size 0.25 cup(s) (76g)		
Amount Per Serving		
Calories	135	Calories from Fat 9
% Daily Value		
Total Fat	1.0g	2%
Saturated Fat	0.1g	1%
Trans Fat		
Cholesterol	0.0mg	0%
Sodium	201.4mg	8%
Total Carbohydrate	24.6g	8%
Dietary Fiber	9.2g	37%
Sugars	2.7g	
Protein	8.4g	
Vitamin A	8%	Calcium 4%
Vitamin C	8%	Iron 15%

<http://www.extension.iastate.edu/foodsavings/recipes/lentil-tacos>

Chicken Tenders

Serving Size: 2 strips

Serves: 5

Cost Per Serving: \$2.75 for whole recipe / \$0.55 per person

Ingredients:

- 1 1/2 teaspoons vinegar
- 1/2 cup nonfat milk
- 4 medium boneless, skinless chicken breast halves (about 1 pound)
- 2 tablespoons prepared mustard
- 2 tablespoons vinegar
- 1 tablespoon honey or jelly
- Ground black pepper to taste
- 1 cup cereal or pretzels, crushed

Instructions:

1. Put 1 1/2 teaspoons vinegar in a 1/2 cup measure. Fill with milk and stir. Let sit 10 minutes to thicken.
2. Cut chicken breasts into 10 strips.
3. In a bowl, combine mustard, 2 tablespoons vinegar, honey or jelly, and pepper. Stir in milk and vinegar mixture. Add chicken and

stir to coat pieces with the milk mixture. Cover and let set for 20 minutes.

4. Heat oven to 400°F.
5. Lightly grease or spray a baking sheet or shallow baking pan with cooking spray.
6. Lift chicken strips from milk mixture one at a time and coat with crushed cereal or pretzels. Place on baking sheet. Repeat with remaining chicken and crumbs.

Bake chicken 18 to 20 minutes until thoroughly cooked. Serve immediately

<http://www.extension.iastate.edu/foodsavings/recipes/chicken-tenders>

Nutrition Facts		
Serving Size 2 strips		
Servings Per Recipe 5		
Amount Per Serving		
Calories	160	Calories from Fat 25
% Daily Value*		
Total Fat	2.5g	4%
Saturated Fat	0.5g	3%
Trans Fat 0g		
Cholesterol	65mg	22%
Sodium	160mg	7%
Total Carbohydrate	10g	3%
Dietary Fiber	0g	0%
Sugars	5g	
Protein	22g	
Vitamin A 4%	•	Vitamin C 2%
Calcium 4%	•	Iron 10%

