

WHEN FAMILIES EAT TOGETHER <u>TODAY</u> IT CAN IMPACT THEIR KIDS' <u>HEALTHY FOOD PATTERNS TOMORROW</u>.

Most families agree that it is important to eat together, but it is hard to find time for a family meal.1

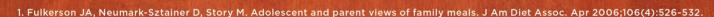
Kids who eat meals as a family get more fruits and vegetables.<sup>2</sup>



Eating meals as a family during adolescence improves fruit and vegetable intake in adulthood.<sup>2</sup>



Eating together as a family may have lasting positive effects on your child's diet.<sup>2</sup>



2. Larson NI, Neumark-Sztainer D, Hannan PJ, Story M. Family meals during adolescence are associated with higher diet quality and healthful meal patterns during young adulthood. J Am Diet Assoc. Sept 2007: 107(9): 1502-1510.





## **5 FAST MEALS WITH AT LEAST** 4 FOOD GROUPS



- CHICKEN HELPER™ SWEET & SOUR CHICKEN WITH RICE
- GREEN/RED PEPPERS
- PINEAPPLE CHUNKS
- GLASS OF MILK



- GROUNE EL **GROUND BEEF WITH OLD** EL PASO™ TACO SEASONING
  - **MACARONI NOODLES**
  - TOMATO/LETTUCE/ **GREEN ONION**
  - CHEDDAR CHEESE





- HAMBURGER HELPER™ CRUNCHY TACO WITH GROUND BEEF
- GREEN ONIONS/TOMATO/AVOCADO
- WHOLE WHEAT TORTILLAS
- GLASS OF MILK



- HAMBURGER HELPER™ **CHEESY HASHBROWNS** WITH GROUND TURKEY
- RED/ORANGE/GREEN BELL PEPPER
- GLASS OF MILK



- CHICKEN WITH OLD EL PASO™ TACO SEASONING
- OLD EL PASO™ TACO SHELLS
- TOMATO/AVOCADO
- FRESH CHEESE



YOU CAN FIND THESE GREAT MAIN DISH RECIPES AND MORE AT BETTYCROCKER.COM & OLDELPASO.COM!







