



# FAMILY MEALS

## FRESH TIPS

**WHEN FAMILIES EAT TOGETHER TODAY IT CAN IMPACT THEIR KIDS' HEALTHY FOOD PATTERNS TOMORROW.**

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

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>



1. Fulkerson JA, Neumark-Sztainer D, Story M. Adolescent and parent views of family meals. J Am Diet Assoc. Apr 2006;106(4):526-532.

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.





# FAMILY MEALS

## 5 FAST MEALS WITH AT LEAST 4 FOOD GROUPS

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### SWEET & SOUR CHICKEN

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



### TACO SKILLET DINNER

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



### CRUNCHY TACO BURRITOS

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



### CHEESY HASHBROWNS FRITTATA

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



### GRILLED CHICKEN TACOS

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



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