Meal Time = Family Time

Get the kids in the kitchen.

Kids are more likely to try new foods and eat healthier if they help cook it.

Assign kids “jobs” while making dinner.

It can be as easy as stirring or measuring ingredients.

Pick days and times the whole family can eat together.

Easy Cheesy Chicken and Broccoli Recipe

Ingredients:

1 (14.5 ounce) can low sodium
2 cups instant brown rice
1 (16 ounce) bag frozen cut broccoli
1 cup cooked diced chicken or 1 (10 ounce) can chicken, drained
1 ½ cups shredded cheddar cheese
½ cup parmesan cheese
½ teaspoon garlic powder

1. Place broth in medium sauce pan. Bring to boil over medium-high heat.
2. Stir in rice. Place broccoli and chicken over rice but do not stir in. Cover and cook 5 minutes.
3. Remove from heat and let stand, covered, for 5 minutes.
4. Stir in cheeses and garlic powder. Let stand, covered, for 5 minutes, then serve.

Makes 6 servings

(1 ½ cups each) Per serving: 260 calories, 6g fat, 3g fiber, 26g protein
Heavy Facts:

Overweight kids have an 80% chance of becoming overweight adults.

Overweight kids are at higher risk for diabetes and heart disease.

Often overweight kids have low-self esteem and become depressed.

Research has shown that kids of families who eat and exercise together are at lower risk for being overweight.

Is your child at risk?

Do they...

☐ Spend more than 2 hours per day on screen time (TV, computer, video games)?
☐ Do less than 60 minutes of physical activity per day?
☐ Eat foods high in fat and/or sugar more than 3 times per day?
☐ Drink 2 or more sweetened drinks per day (soda, fruit drink, etc.)?

Make the Changes!

√ Limit screen time to 2 hours or less per day.
√ Be active and eat healthy with them.
√ Provide healthy snacks that are fun to make together.
√ Offer kids water with a splash of juice instead of sugary beverages.

Data Source: Center for Disease Control. 2006.