Food for Thought

Family Meals Serve Us Well

Many factors have caused the shared meal to disappear. Today, family meals are more important than ever—and worth the effort!

Why Eat Together?

- Children and teens who share meals with their families tend to eat more fruits, vegetables and dairy foods, and less fried food and soft drinks at meals eaten with their families.
- How often a family eats dinner together is a strong indicator of whether a teen is prone to smoke, drink alcohol or use drugs, or is likely to perform well in school. Family meals may also help protect adolescents from eating disorders.

What Makes a Family?

A recent poll revealed that 60% of Americans believe “If you consider yourself a family, you ARE a family!” There are benefits to eating with others no matter our age, life stage, schedule or situation.

Where Can You Begin?

- **Turn off the TV.** – Remember, it’s not a member of the family! Let phone calls and text messages wait until later–make sharing the meal the priority.
- **Fix meals together.** – Children learn cooking skills and appreciation of foods and family.
- **Avoid too many rules for mealtime.** – Instead, try to model the actions and behaviors you would like children to show.
- **Keep the meal pleasant.** – Positive meals have lasting effects that are passed to your children and are valued for life.

Build a Healthy Plate.

Before you and your family eat, think about what goes on your plates or in your cups or bowls.

- Make half your plate fruits and vegetables
- Switch to skim or 1% milk
- Make at least half your grains whole grains
- Vary your protein food choices
- Choose foods and drinks with little or no added sugar

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Summer Cucumbers

5 cups sliced cucumbers  1/2 cup sliced red onion
1/2 teaspoon salt  1/4 teaspoon black pepper
2 Tablespoons red wine vinegar

Combine cucumbers, onion, salt, black pepper and vinegar together.
<table>
<thead>
<tr>
<th>August 2016</th>
<th>North Idaho Eat Smart Idaho Class Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Tuesday</td>
</tr>
<tr>
<td>1</td>
<td>Healthy Food Pantry Nutrition Demo @ Post Falls Food Bank – 415 E. 3rd Ave. – PF – 11:30 to 2:30</td>
</tr>
<tr>
<td>8</td>
<td>Get Moving &amp; Build Strong Bones @ Open Arms Pregnancy Center – 1800 Lincoln Way, Ste. 201 – CDA, 2:00 to 3:00</td>
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<tr>
<td>15</td>
<td>Eating Smart &amp; Being Active During Pregnancy @ Open Arms Pregnancy Center – 1800 Lincoln Way, Ste. 201 – CDA, 2:00 to 3:00</td>
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<td>22</td>
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<td>29</td>
<td>Healthy Food Pantry Nutrition Demo @ Post Falls Food Bank – 415 E. 3rd Ave. – PF – 11:30 to 1:30</td>
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For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

- **Benewah, Kootenai & Shoshone:** 446-1680
- **Bonner & Boundary:** 263-8511
- **Clearwater, Latah or Nez Perce:** 883-2267
- **Idaho or Lewis:** 983-2667

To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD

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