

# Food for Thought

August 2019

## Eat Better, Eat Together

Family mealtimes have many benefits especially for children whose families eat together five or more times a week. The benefits are as follows:

- **Nutrition and physical development** – Kids eat more fruits and vegetables, get a wider variety of nutritious foods, have lower rates of childhood obesity and make healthier choices when they eat with their families. Because of this, they are more likely to continue those habits when they are on their own.
- **Emotional development** – Kids are better able to manage negative emotions, are at less risk of developing eating disorders and have more positive interactions with others.
- **Social development** – Kids learn important turn-taking skills, have improved communication skills and learn appropriate ways to share thoughts, feelings and opinions.
- **Academics** – Kids are more likely to earn A's and B's, and develop larger vocabularies.
- **Behavior** – Kids are less likely to use marijuana, alcohol or tobacco, have friends who use these substances, and less likely to engage in other risky behavior such as premarital sex.



### How to Make Family Meals Happen:

- **Schedule family meals.** Set aside time on the calendar just like you schedule other important activities, appointments and events. Make it non-negotiable
- **Plan ahead.** Make recipes ahead of time that you can freeze - or use the slow cooker or pressure cooker.
- **Keep meals simple.** Choose a protein, whole grain, vegetable and/or fruit and you will have a balanced healthy meal to serve to your family. It doesn't have to be fancy.
- **Plan family meals besides dinner.** Find 15 to 30 minutes when you and your family can sit together to recap the day. Maybe a bedtime snack or picnic in the park before soccer practice.
- **Parents don't have to do everything.** Get the kids involved in the planning, shopping, preparing and clean-up of meals. When kids are involved in the process, they are more likely to consume the foods you offer them.
- **Eliminate distractions.** Turn off all electronic devices, including the television and focus on each other. This should be a time to relax, share and reconnect.

### Fruit Ice Cream

- 2 cups frozen fruit of your choice
- ½ a banana
- ¾ cup fat free milk



Place fruit in blender. Blend. Gradually add milk until it is the consistency you like.

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# Eat Smart Idaho Event Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <u>Plan: Know What's for Dinner @ Christ the King</u> – 1700 E Pennsylvania Ave – CDA – 11:00 to 12:00	<b>2</b>
<b>5</b> <u>Smart Breakfast Choices Demo @ Post Falls</u> Food Bank – 415 E. 3 <sup>rd</sup> Ave. – PF – 11:30 to 1:30	<b>6</b>	<b>7</b> <u>Change for Change Demo @ CAP</u> Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00	<b>8</b> <u>Shop: Get the Best for Less @ Christ the King</u> – 1700 E Pennsylvania Ave – CDA – 11:00 to 12:00	<b>9</b>
<b>12</b> <u>Color Your Plate Demo @ Post Falls</u> Food Bank – 415 E. 3 <sup>rd</sup> Ave. – PF – 11:30 to 1:30	<b>13</b> <u>Fast Food Reviewed Demo @ Lena Whitmore Elementary School</u> – 110 S. Blaine St – Moscow – 11:30 to 12:30  <u>Smart Size Your Portions @ LAMI House</u> – 123 N. Lilly St – Moscow – 2:00 to 3:15	<b>14</b> <u>Shop: Get the Best for Less Demo @ CAP</u> Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00	<b>15</b> <u>Shop for Value, Check the Facts @ Christ the King</u> – 1700 E Pennsylvania Ave – CDA – 11:00 to 12:00 <u>Food Safety Demo @ Moscow Food Bank</u> – 110 N. Polk St – Moscow – 2:00 to 4:00 <u>Choosing to Move More Demo @ Christ Our Redeemer</u> – 1900 Pine St – Sandpoint – 3:00 to 4:00	<b>16</b> <u>Healthier Foods Fast Demo @ J-K Food Bank</u> – 614 Main St – Juliaetta – 1:00 to 3:00
<b>19</b> <u>Snack Smarter Demo @ Post Falls</u> Food Bank – 415 E. 3 <sup>rd</sup> Ave. – PF – 11:30 to 1:30	<b>20</b> <u>Think Your Drink Demo @ Lena Whitmore Elementary School</u> – 110 S. Blaine St – Moscow – 11:30 to 12:30  <u>Making Smart Drink Choices @ LAMI House</u> – 123 N. Lilly St – Moscow – 2:00 to 3:15	<b>21</b> <u>Think Your Drink Demo @ CAP</u> Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00 <u>Healthier Foods Fast Demo @ Troy Food Bank</u> – 106 E. 6 <sup>th</sup> St. – Troy – 4:00 to 7:00	<b>22</b> <u>Healthier Foods Fast Demo @ Potlatch Food Bank</u> – 510 N. Pine St – Potlatch – 10:00 to 12:00 <u>Healthier Foods Fast @ Canvas Food Bank</u> – 2200 N. 7 <sup>th</sup> St. – CDA – 1:00 to 2:30 <u>General Nutrition Demo @ Canvas Food Bank</u> – 2200 N. 7 <sup>th</sup> St. – CDA – 2:00 to 4:00	<b>23</b>
<b>26</b> <u>Healthier Foods Fast Demo @ CAP</u> Food Bank – 124 New 6 <sup>th</sup> St – Lewiston – 1:00 to 3:00	<b>27</b> <u>Making Smart Choices When Eating Fast Food @ LAMI House</u> – 123 N. Lilly St – Moscow – 2:00 to 3:15	<b>28</b> <u>Fruit &amp; Veggies: Color Your Plate Demo @ CAP</u> Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00	Sources: <a href="https://extension.usu.edu/news_sections/home_family_and_food/create-family-mealtime">https://extension.usu.edu/news_sections/home_family_and_food/create-family-mealtime</a> ; <a href="https://extension.purdue.edu/article/26108">https://extension.purdue.edu/article/26108</a> retrieved 07/31/19  This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.	

**Eat Smart Idaho can help you learn how to eat well for less. For information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:**

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties  
208-446-1680

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties  
208-883-2267



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