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.
## August 2019

### Eat Smart Idaho Event Schedule

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<th>Monday</th>
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<tr>
<td>Smart Breakfast Choices Demo @ Post Falls Food Bank – 415 E. 3rd Ave. – PF – 11:30 to 1:30</td>
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<td>Change for Change Demo @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00</td>
<td>Plan: Know What’s for Dinner @ Christ the King – 1700 E Pennsylvania Ave – CDA – 11:00 to 12:00</td>
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<tr>
<td>Color Your Plate Demo @ Post Falls Food Bank – 415 E. 3rd Ave. – PF – 11:30 to 1:30</td>
<td>Fast Food Reviewed Demo @ Lena Whitmore Elementary School – 110 S. Blaine St – Moscow – 11:30 to 12:30</td>
<td>Shop: Get the Best for Less Demo @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00</td>
<td>Shop for Value, Check the Facts @ Christ the King – 1700 E Pennsylvania Ave – CDA – 11:00 to 12:00</td>
<td>Healthier Foods Fast Demo @ J-K Food Bank – 614 Main St – Juliaetta – 1:00 to 3:00</td>
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<td>Snack Smarter Demo @ Post Falls Food Bank – 415 E. 3rd Ave. – PF – 11:30 to 1:30</td>
<td>Think Your Drink Demo @ Lena Whitmore Elementary School – 110 S. Blaine St – Moscow – 11:30 to 12:30</td>
<td>Think Your Drink Demo @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00</td>
<td>Healthier Foods Fast Demo @ Potlatch Food Bank – 510 N. Pine St – Potlatch – 10:00 to 12:00</td>
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<td>Healthier Foods Fast Demo @ CAP Food Bank – 124 New 6th St – Lewiston – 1:00 to 3:00</td>
<td>Making Smart Choices When Eating Fast Food @ LAMI House – 123 N. Lilly St – Moscow – 2:00 to 3:15</td>
<td>Fruit &amp; Veggies: Color Your Plate Demo @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00</td>
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### Sources:
- [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)
- [https://extension.purdue.edu/article/26108](https://extension.purdue.edu/article/26108)

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.

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**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

To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RDN, LDN
Phone: 446-1680   E-mail – kalig@uidaho.edu   Web: [www.eatsmartidaho.org](http://www.eatsmartidaho.org)