



Extension Nutrition Programs

FSNEP/EFNEP

Time Out for Family Meals

Sometimes it is hard to eat together. It seems there's just no time with jobs, school, sports and other activities. Slow down with a family meal.

Slow Down, Get in Touch

Family mealtime is time to slow down and get in touch with your family. Setting a regular mealtime routine helps everyone know what to expect everyday.

Before Dinner, the Poison Hour

When everyone is tired and hungry, family arguments can explode! Head off difficulties:

- Give hungry children a small snack to hold them until dinner. Bread, fruit, or vegetables or a glass of milk are nourishing.
- Have children help with dinner preparation. Have them help set the table or make simple dishes.
- Give a 5-minute warning for dinner. Alert everyone that dinner is about ready. Tell them it is time to wash up for dinner.

During Dinner

Enjoyable family meals make everyone want to come back.

- Plan a few meals for the children. Let children try new foods without

being forced to eat. Everyone has some food likes and dislikes.

- Keep conversation pleasant. Save arguments for another time.
- Plan table talk. What happened today, what will tomorrow bring, does anyone have any news?
- Reduce distractions. Turn off the TV and phone.
- Give everyone time to talk. Listen to each other. Only one person talks at a time.
- Show children the respect and good manners that you want them to show you and others. Children learn by watching adults.

After Dinner

Dinner is not over until the pots, pans and dishes are put away.

- Plan a special time after dinner—a game or story time. Family talks are often better on a full stomach.
- Make a chore chart and take turns.
- Listen to music so chores go faster. Even if adults do the clean-up, children will see that the pleasant time can continue after the meal.



Oven-Fried Chicken (Makes about 6 servings)

- 1 cup cornflakes
- 1 teaspoon dried garlic, oregano, thyme or other herb
- 1/8 teaspoon pepper
- 2-2½ pounds chicken pieces

Start heating oven to 375 °. In a bowl, crush breakfast cereal into crumbs. Add herbs and pepper. Set aside. Remove skin from chicken. Rinse chicken and drain. Press chicken pieces in crumb mixture so it sticks. Lightly grease a baking pan. Arrange chicken pieces so the pieces don't touch.. Bake in 375° oven for 45-55 minutes or until chicken is tender and no longer pink and juices run clear when poked with a fork. Do not turn chicken while baking.

Vegetable Rice Pilaf

- 1/3 cup uncooked long grain rice
- 1 Tablespoon chopped onions
- 2 Tablespoons margarine
- 1 cup water
- 1 chicken bouillon cube **or** 1 teaspoon granules
- 1 cup frozen mixed vegetables

Cook rice and onion in margarine 5 to 10 minutes or until lightly browned, stirring frequently. Add 1 cup water, bouillon cube, and a dash of salt. Bring to a boil. Reduce heat; cook on low about 15 minutes. Add frozen vegetables and cook until liquid is absorbed and rice is fluffy. Serves 4-6.

Carrot Salad

- 3 carrots, grated
- 1 8-ounce can crushed pineapple
- 1/3 cup raisins
- ¼ cup peanuts, optional
- ¾ cup low fat mayonnaise **or** yogurt **or** 1/3 cup orange juice

Place grated carrots, drained pineapple, raisins and peanuts in a bowl. Mix in mayonnaise **or** orange juice. Refrigerate leftovers.

