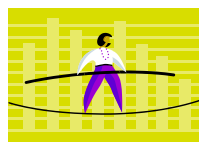




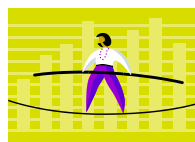
A Fact About Family Meals

Dads Influence Family Meals—Recent research has shown that Fathers play one of the largest roles in influencing children’s use of fast food and full-service restaurants. If dad uses them, so do the kids. Also, if fathers consider meals to be an important family ritual, kids ate out less.

Journal of Nutrition Education and Behavior, May/June 2011



Balancing Food, Fun & Fitness



Summer Scavenger Hunt

Be active and take a family scavenger hunt. Make a list before you leave and have everyone discover their surroundings.

Park or Hike in Woods

- Squirrel’s nest
- Bird’s nest
- Animal footprints
- Yellow flower
- Rock the size of a basketball
- Agate rock
- Basketball hoop

Neighborhood Walk

- House with white fence
- Black and white dog
- Black cat
- Green car
- House with four windows on front
- Porch swing
- Purple flowers



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TO SUBSCRIBE:

It’s easy to sign up for Mealtime Solutions. Send an email or call one of the MSU Extension Offices listed at the right side of this page and leave your email address. Feel free to spread the word to your family and friends.

SILENCE BUSTERS

Keep family connections strong this summer. Don't forget to introduce topics at picnics, barbeques, and on road trips.

If you could wish for any summer adventure, what would it be?

What has been your favorite vacation or trip and why?

Share with children your most memorable summer job.

What is your favorite summer food and summer activity?

Remember to keep conversations on the light side by turning off the TV, cell phones and iPods. Listen and ask questions.

HALFWAY HOMEMADE

Who hasn't grown up with pork and beans? They are an easy go-to summertime food. Even though there are many varieties to pick from, here are a few different ways to use the old fashioned pork & beans.

Barbeque Baked Beans

- 3 bacon strips, diced
- 1/2 cup chopped green pepper
- 2 (15 ounce) cans pork and beans
- 1/3 cup hickory smoke flavored barbeque sauce
- 1/3 cup packed brown sugar
- 2 teaspoons prepared mustard

Cook bacon over medium heat until almost crisp; remove and drain on paper towels. Reserve 1 tablespoon of drippings. Sauté green pepper in drippings until tender. Drain one can of beans. In a bowl, combine both cans of beans, barbecue sauce, brown sugar, mustard, green pepper and bacon. Heat and simmer a few minutes before serving.

Slow Cooker Chops and Beans

- 2 – 15 oz cans pork and beans
- 1/2 c. ketchup
- 1 T. Worcestershire sauce
- 1/4 c. packed brown sugar
- 2 t. mustard
- 2 slices bacon, browned and crumbled
- 1/2 c. chopped onions, sautéed
- 4-6 pork chops
- One lemon (opt)

Spray slow cooker with non-stick spray. Arrange sliced lemon on bottom, top with pork chops that have been browned. Combine the rest of ingredients and pour over chops. Cover and cook on low 5-6 hours, high 3- 4 hours or until pork is tender.

Options: Lemon adds zing but is not necessary; browning pork chops is optional but leads to a nicer product and shorter cooking time, and onions may also be put in raw or can be browned with bacon.



Oven Biscuits and Sloppy Joe Casserole

- 1 pound ground beef
- 1-12 oz pkg frozen corn
- 3/4 cup frozen chopped green bell pepper
- 3/4 cup frozen chopped onion
- 1-15 oz can sloppy joe seasoned sauce
- 1 -15 oz can pork and beans
- 1 -7.5 oz pkg refrigerated buttermilk biscuit dough (10 small biscuits)

Preheat oven to 400°F. Spray 13x9-inch baking dish with cooking spray.

Brown ground beef and drain. Add all frozen vegetables. Cover; cook 3 to 4 minutes or until thawed. Stir in remaining ingredients, except dough. Cook 4 to 5 minutes or until mixture comes to a boil, stirring occasionally. Pour into baking dish.

Remove biscuit dough and cut each biscuit in half cross-wise. Place cut side down over hot mixture around edge of baking dish, overlapping slightly.

Bake 10 to 12 minutes or until biscuits are deep golden brown.

Quick Baked Beans

- 2-15 oz can pork and beans
- 1 T. mustard
- 1 T. ketchup
- 2 T molasses
- 4 T. brown sugar
- 2 t. dehydrated onion

Drain one can of beans and stir all other ingredients together and heat, simmer a few minutes and serve. Note: if you don't have molasses add extra brown sugar or maple syrup to taste.



QUICK FIXES



Grilling Packets

An easy way to cook at home or while camping is packet cooking. Usually they can be made ahead of time, refrigerated, and then cooked. They can be grilled, baked in the oven, or over the campfire on a grate or in a pan.

Campout Chili

4 sheets of heavy duty aluminum foil (about 12x 18 inches)

1-15 oz can chili or kidney beans, rinsed and drained

1-15 oz can diced tomatoes with onions and garlic, drained

1 lb. extra lean ground beef

1 T. chili powder

¼ t. garlic powder (opt)

½ t. salt

1 c. shredded cheddar cheese (opt.)

Center one-fourth of beans and tomatoes on each sheet of foil. Combine ground beef with chili powder, garlic powder and salt and crumble over vegetables. Bring up foil sides and double fold top and ends to seal packet. Leave room for heat circulation inside.

Grill 10-12 minutes in medium-high covered grill or bake at 450 degrees on a cookie sheet in the oven. Sprinkle with cheese before serving.

Note: Two layers of regular aluminum foil may be used in place of one piece of heavy duty foil.



Beef or Chicken Fajitas

4 sheets of heavy duty aluminum foil (about 12-18 inches)

1 lb of chicken tenders or 1 lb of sirloin beef steak sliced into ¼ inch slices across the grain

1 red or yellow bell pepper cut in strips

1 green bell pepper cut in strips

1 medium onion, cut in ¼-inch slices

1 package fajita seasoning mix

Center one-fourth of chicken tenders or sirloin strips on each sheet of foil. Top with pepper strips and onions. Sprinkle fajita seasoning mix over the top. Bring up foil sides and double fold top and ends to seal packet. Leave room for heat circulation inside. Grill 8-10 minutes in a medium-high covered grill or bake 15-18 minutes at 450 degrees on a cookie sheet in the oven. Serve with warm tortillas, salsa and your favorite fajita toppings. Note: Beef can be cooked to desired doneness, but chicken juices must run clear.

DOABLE DINNER



Menu

Chicken scoop salad
Melon cubes
Baby carrots
Ice cream or pudding cups
Water



Chicken Scoop Salad

1 ½ c. chopped cooked chicken or turkey
1 stalk of celery, chopped
¼ c. light mayonnaise
¼ c salsa
¼ c. shredded cheddar cheese
Tortilla or corn dipping chips

Mix all ingredients together except chips. Chill. When ready to serve have people scoop chicken salad with tortilla or corn chips.

Note: Rotisserie chicken works great for this recipe

Shopping List

Chicken
Celery
Light mayonnaise
Salsa
Shredded cheddar cheese
Tortilla or corn chips
Melon
Baby carrots
Pudding or ice cream cups



Packing a safe picnic

Remember:!

- Food should be cold before you pack it.
- Put food in an insulated bag or cooler with ice packs or ice.
- Don't store coolers in trunk of car.
- Don't set cooler in the sun.
- Return food quickly to cooler after serving.
- Food can only safely sit out for 1 hour in 90 degree heat before it can become unsafe.



Explore YOUR MSU Resource in your county

The MSU Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.