



Meal Planning

Choose a meal that's fun...

--Breakfast for dinner

Choose a meal that's quick...

--Box rice mix, with added veggies and cooked chicken

--Baked potatoes topped with cheese and broccoli

--Soup and sandwiches

Choose a 'make-ahead' meal...

--Crock pot meals

--Cook once, eat twice (soups, casseroles, pasta)

Choose a meal that is tasty for everyone...

--Baked potato bar

--Make your own burrito

--Personal pizzas

--Sandwich buffet

Quick Chili

Makes 4 servings, about $\frac{3}{4}$ cup each

Ingredients:

--15½ oz. can Kidney beans, drained (save liquid)

--1/3 cup liquid reserved from beans

--1 cup "No-salt added" canned tomato puree

--1 tablespoon Instant minced onion

--1½ tablespoon Chili powder

Directions:

1. Cook beef in hot fry pan until lightly browned. Drain off fat.

2. Stir in remaining ingredients.

3. Bring to a boil. Reduce heat, cover, and simmer 10 minutes.

Menu Suggestion: Serve with mixed salad greens with reduced-calorie dressing, whole-wheat rolls and juice-packed canned pineapple chunks

Fun with Family Meals



Keep it fun, Keep it simple... Just keep it!

*Your county
extension office*



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Why Should Our Family Eat Together?

Family mealtime is important for your family's health and well-being. Studies show that most people **eat more balanced meals and a wider variety of foods when they eat with family or**

friends. Food served at the family table **helps shape and give meaning to our cultural** heritage. Positive food memories are cherished for life. Shared mealtimes offer a **chance to communicate with friends and family**, helping to build a strong spirit of community and commitment to one another.



Family Meal Tips

1. Turn off the television during mealtime
2. Plan ahead every week to anticipate work, school, and other activities that may affect mealtime.
3. Be flexible about the time of family meals. Maybe breakfast is the one meal when everyone can be together.
4. Get creative about where you eat together. Ball practice? Pack a “picnic” dinner or “tailgate.”
5. Share the responsibilities of shopping, preparing, serving, and cleaning up. If possible, get into a routine of shared tasks.
6. Plan simple and quick meals. Together, make a list of easy family favorites to keep on hand for extra hectic days.
7. Have a potluck meal with neighbors or friends to share the cooking and the fun.

Family Meal Favorites

- | | | |
|-----------------------|---------------|----------------------|
| --Beef Stew | --Baked Ziti | --Sloppy Joes |
| --Chicken Quesadillas | --Tacos | --Soup & salad |
| --Blueberry Pancakes | --Sloppy Joes | --Homemade Pizza |
| --Chicken & Dumplings | --Chili | --Vegetable stir fry |



Party Time Pasta

Makes 6 servings, 1 cup each

Ingredients:

- ½ pound turkey, lean ground turkey
 - 1 teaspoon paprika
 - 1 can (14 ½ ounces) tomatoes, crushed
 - 1 can (14 ½ ounces) chicken broth, reduced sodium
 - 2 cups bowtie pasta, uncooked
 - 3 cups frozen vegetables, such as broccoli, carrots, and cauliflower, thawed
- Tasty Topping
- ½ cup fresh parsley
 - ¼ cup seasoned bread crumbs, dry
 - ¼ cup parmesan cheese

Directions:

1. Heat a large nonstick pan over medium heat. Add ground turkey and paprika. Cook and stir until meat is brown and no longer pink, about 5 minutes.
2. Stir in tomatoes, chicken broth and pasta. Bring mixture to a boil. Reduce heat to medium-low. Cover and simmer until pasta is almost tender, about 10-15 minutes.
3. Remove lid. Place vegetables on top of pasta. Replace lid. Cook until vegetables are tender, about 5 minutes.
4. Prepare the Tasty Topping. Mix parsley, bread crumbs and Parmesan cheese. Sprinkle over vegetables in skillet. Cover and let sit for 3 minutes before serving.

Adapted from Montana State University Extension resource “Family Mealtime”

WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715-537-5691 or go to <http://access.wisconsin.gov>.