

Screen Free Meals



Family meals are an important time for parents and children to connect and talk. Family meal time builds relationships and gives family members a sense of belonging. Studies show that when family meal time happens, kids have better self-esteem, perform better in school and have less trouble with drugs and alcohol. Turning off phones and the TV during meals sends the message to the family that parents care about their kids enough to listen to them.

Turning off screens while eating also encourages mindful eating. You will be able to pay closer attention to your stomach's cues of feeling full if you are not distracted by the TV and phone calls. This will help you listen to your stomach and prevent overeating.

Screen free meals sets the stage for fun conversations about things that matter. Here are a few questions you can ask to spark your family's conversation:

- If you joined the circus, what would your circus act be?
- What's the funniest or strangest thing that happened to you today?
- If you could start a new family tradition, what would it be?
- If you could have any pet, what would it be?

For more conversation starters, tips and ideas for screen free meals, visit thefamilydinnerproject.org



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Did You Know?

- ◆ About 2,500 varieties of apples are grown in the USA and 7,500 worldwide.
- ◆ Apple trees take 4 to 5 years to produce their first fruit.
- ◆ Apples ripen 6 to 10 times faster at room temperature than if refrigerated.
- ◆ Apples contain no fat and are a good source of fiber.
- ◆ Apples can be as small as a cherry or big as grapefruit.



In The News

Celebrate National Apple Month in October by making an apple raisin ladybug: Chop an

apple into fourths and core it. Stick two of the pieces together with peanut butter. Set on a plate, skin side up. Using peanut butter, stick raisins to the skin for spots and half a grape for a head.

Tech Tools

Fitnessblender.com delivers hundreds of free workout videos. Filter workout choices by duration (10-100 min.), number of calories you want to burn, difficulty, body focus area, equipment and training type (12 choices including strength, cardio, yoga, Pilates

and more). Play your choice of music using a different resource while working out. Bookmark fitnessblender.com on your phone and do it anywhere.

Gonoodle.com is a wonderful physical activity resource for kids when it is too cold to go outside for exercise. Though your kids may use it in their classroom at school, it is free for home use as well. Kids pick

a character that earns virtual rewards by completing physical activities on the website. They can choose from guided dances, call and repeat songs, stretch and workout videos, and other fun activities. Silliness reigns on this website! You will hear your kids singing the crazy songs they learn from Go Noodle long after the screen is turned off.



Healthy Habits Through the Holidays

- Eat a piece of fruit before a party so you won't overeat when faced with high calorie foods.
- Add cinnamon sticks and apple slices to water for a no calorie beverage.



- Serve cranberry mint water at your holiday gathering. It looks festive and guests will love the taste!



What's in Season?

Kale



Kale is related to broccoli and cabbage. It has dark green curly leaves that grow on stalks about a foot tall. The dark green color means it is packed with antioxidants, calcium, iron, beta-carotene and vitamin C. It is also rich in fiber. Be sure to wash it thoroughly because the leaves can hide dirt.

Tips for preparing kale:

- Remove leaves from stem and tear kale into small pieces. Massage with an oil-based dressing. Toss with apples and raisins in a salad.
- Spread torn kale pieces on baking sheet. Massage with olive oil and sprinkle with salt. Bake at 350 degrees for 10 to 15 minutes to make kale chips.
- Sauté with olive oil, garlic and onions. Serve with rice and chicken.



Recipe Corner

Bean and Kale Soup

Servings: 8, about 1 cup per serving

Ingredients

- 1 tablespoon olive oil or canola oil
- 8 large garlic cloves, crushed or minced
- 1 medium yellow onion, chopped
- 4 cups chopped raw kale
- 4 cups low-fat, low-sodium chicken or vegetable broth
- 2 (15 ounce) cans white beans, such as cannellini or navy, undrained
- 4 plum tomatoes, chopped
- 2 teaspoons dried Italian herb seasoning
- Salt and pepper to taste



Preparation

- 1) In a large pot, heat olive oil.
- 2) Add garlic and onion; sauté until soft
- 3) Add kale and sauté, stirring, until wilted
- 4) Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper
- 5) Simmer 5 minutes
- 6) In a blender or food processor, mix the remaining beans and broth until smooth.
- 7) Stir into soup until thick.
- 8) Simmer 15 minutes
- 9) Ladle into bowls and serve hot.

Adapted from: All Recipes, Jean Carper

Nutrition Facts

Serving Size about 1 cup (283g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 25
%Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 700mg	29%
Total Carbohydrate 27g	9%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 9g	
Vitamin A 20%	Vitamin C 30%
Calcium 8%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Cooking Tip Corner: Kitchen Tools



Apple Slicer

An apple slicer reduces apple prep time. With one push the tool slices the apple into eight slices, removing the core. Older kids will enjoy slicing their own apples.

Try dipping the apples in peanut butter or sprinkling the apples with cinnamon.

Apple slicers usually cost about \$5.



Kale and Herb Stripper

This handy tool strips kale leaves, chard, collard greens and herbs from stems in seconds. The easy handheld insert and pull design is easy enough for kids to use. The curved edges can also be used to chop greens and herbs. Save time making your next healthy snack with this gadget. A kale and herb stripper typically costs about \$8.



CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

For more tips on how to lead a healthy lifestyle go to www.fittastic.org.

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