



Eat Better; Eat Together

Developing pleasant mealtimes can often be a struggle. Parents want children to eat and be healthy. Power struggles around food can be reduced by “understanding who does what.” It’s simple and it works. It just takes some practice.

Family mealtime—Deciding who does what?

Parents decide...

1. **What food is served.** Mealtime is an opportunity for parents to provide nutritious food choices.
2. **When the food is served.** Set mealtime provide an opportunity for parent/child interaction throughout the day.

Children decide...

1. **How much food to eat.** Serve small portions and allow children to ask for seconds. Let your children’s body tell them if s/he’s eaten enough.
2. **Whether or not to eat.** Don’t worry if a child doesn’t eat well at a meal. If the child is not snacking, he’ll eat if hungry. Have the child sit at the table anyway to show that mealtimes are important to the family.

Sloppy Garden Joes

(makes 8 servings)

- 1 onion, chopped
- 1 carrot, chopped
- 1/2 green pepper, chopped
- 1 lb. ground turkey or chicken
- 1 - 8 oz. can tomato sauce
- 1 - 15 oz. can whole tomatoes, crushed

- 1 - 8 oz. can mushrooms
- 1/4 cup barbecue sauce
- Salt to taste (optional)
- Pepper to taste
- 8 whole wheat buns

Directions:

1. Sauté onion, carrot, green pepper and ground turkey or chicken in a pan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce and seasonings and bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve on toasted or plain buns.

