Eat Together • Eat Better
Set the table for the family…Set Roots for a Lifetime

Talking together makes for pleasant family meals. Work toward happy, relaxing conversation at meals to set roots for a lifetime.

Talking Together

- Provides a chance to share cultural and family traditions.
- Helps children learn how to take turns talking and listening.
- Gives children practice sharing their thoughts and feelings so they are more comfortable expressing themselves outside the home.

Keep conversations pleasant. Try using the ideas on the right for successful family meals table talk:

WASHINGTON STATE UNIVERSITY
EXTENSION

GUIDELINES FOR
Mealtime Conversation

- Take turns talking. One person talks at a time.
- Listen carefully.
- Be open to new ideas.
- Turn off the TV, phone, personal electronic devices, or other distractions.

Artwork courtesy of the Washington State Dairy Council

Eat Together • Eat Better
Set the table for the family…Set Roots for a Lifetime

Talking together makes for pleasant family meals. Work toward happy, relaxing conversation at meals to set roots for a lifetime.

Talking Together

- Provides a chance to share cultural and family traditions.
- Helps children learn how to take turns talking and listening.
- Gives children practice sharing their thoughts and feelings so they are more comfortable expressing themselves outside the home.

Keep conversations pleasant. Try using the ideas on the right for successful family meals table talk:

WASHINGTON STATE UNIVERSITY
EXTENSION

GUIDELINES FOR
Mealtime Conversation

- Take turns talking. One person talks at a time.
- Listen carefully.
- Be open to new ideas.
- Turn off the TV, phone, personal electronic devices, or other distractions.

Artwork courtesy of the Washington State Dairy Council

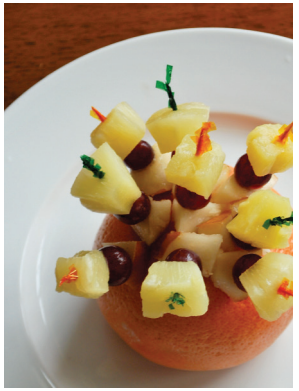
CUT HERE

Small Bites of Nutrition & Conversation

'Nutritionally sound' snacks can add to a child's daily food intake. Preparing them with your child provides an opportunity to talk to your child on topics of interest.

Kebab Sparklers

(Makes 20 'sparklers')



Ingredients

- 1 fresh pear, cored and sliced into ¾ inch pieces
- 20 red grapes with stems removed
- 1 (15-ounce) can pineapple chunks in juice
- 1 pink grapefruit, cut in half
- 20 party picks[1]

Directions

1. Wash fresh fruit.
2. Open pineapple and drain; set aside on paper towel.
3. Slice grapefruit in half and place cut-side down on a plate.

To assemble kebabs

4. Holding party pick by the decorative end, slide one piece each of pear, grapes, and pineapple onto the pick.
5. Stick kebabs into the grapefruit until all the 'sparklers' are inserted.

[1]*Toothpicks with a frilly cellophane end; used for appetizers.*

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

This institution is an equal opportunity provider and employer.

Eat Together • Eat Better
Set the table for the family…Set Roots for a Lifetime

Eat Together • Eat Better
Set the table for the family…Set Roots for a Lifetime

CUT HERE

Small Bites of Nutrition & Conversation

'Nutritionally sound' snacks can add to a child's daily food intake. Preparing them with your child provides an opportunity to talk to your child on topics of interest.

Kebab Sparklers

(Makes 20 'sparklers')

Ingredients

1 fresh pear, cored and sliced into ¾ inch pieces
20 red grapes with stems removed
1 (15-ounce) can pineapple chunks in juice
1 pink grapefruit, cut in half
20 party picks[1]

Directions

1. Wash fresh fruit.
2. Open pineapple and drain; set aside on paper towel.
3. Slice grapefruit in half and place cut-side down on a plate.

To assemble kebabs

4. Holding party pick by the decorative end, slide one piece each of pear, grapes, and pineapple onto the pick.
5. Stick kebabs into the grapefruit until all the 'sparklers' are inserted.

[1]Toothpicks with a frilly cellophane end; used for appetizers.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

This institution is an equal opportunity provider and employer.

Eat Together • Eat Better

Set the table for the family…Set Roots for a Lifetime

Children get excited about eating when they help prepare food. Involve your child in planning and preparing some meals and snacks for the family. It's fun for everyone!

Cooking Together

- Introduces children to a variety of healthy foods.
- Helps children learn and practice new kitchen skills with adult direction.

A Task for Every Age

Use the information on the right to select tasks that will help your child to be successful.

When your child helps in the kitchen, remember cleanliness and safety. Wash hands with soap and warm, running water before and after handling food or utensils. Review safety rules.

WASHINGTON STATE UNIVERSITY
EXTENSION

BEGINNER SKILLS

- Gather ingredients
- Scrub vegetables
- Tear lettuce
- Open packages
- Stir ingredients
- Peel eggs, oranges, bananas
- Set the table

INTERMEDIATE SKILLS

- Read recipes
- Open cans
- Measure ingredients
- Combine ingredients
- Roll dough
- Shred vegetables and cheese*
- Learn how to use the oven

ADVANCED SKILLS

- Learn how to use the knife*
- Use appliances (mixer and blender)*
- Plan meals and write shopping lists
- Prepare simple meals

*With adult supervision

Artwork courtesy of the Washington State Dairy Council

Eat Together • Eat Better
Set the table for the family…Set Roots for a Lifetime

Children get excited about eating when they help prepare food. Involve your child in planning and preparing some meals and snacks for the family. It's fun for everyone!

Cooking Together
- Introduces children to a variety of healthy foods.
- Helps children learn and practice new kitchen skills with adult direction.

A Task for Every Age
Use the information on the right to select tasks that will help your child to be successful.

When your child helps in the kitchen, remember cleanliness and safety. Wash hands with soap and warm, running water before and after handling food or utensils. Review safety rules.

WASHINGTON STATE UNIVERSITY
EXTENSION

BEGINNER SKILLS
- Gather ingredients
- Scrub vegetables
- Tear lettuce
- Open packages
- Stir ingredients
- Peel eggs, oranges, bananas
- Set the table

INTERMEDIATE SKILLS
- Read recipes
- Open cans
- Measure ingredients
- Combine ingredients
- Roll dough
- Shred vegetables and cheese*
- Learn how to use the oven

ADVANCED SKILLS
- Learn how to use the knife*
- Use appliances (mixer and blender)*
- Plan meals and write shopping lists
- Prepare simple meals

*With adult supervision

Artwork courtesy of the Washington State Dairy Council

CUT HERE

Build-a-Salad

Ingredients

For each serving prepare:

- 1 c. leafy greens
- 1 c. Vegetables & Fruit group
- 2–3 oz. Meat & Beans/Milk group
- 2 T. dressing

	Chef's Salad	South-of-the Border
Vegetables & Fruit	Romaine or spinach Tomato wedges Cucumber slices Sweet onion Celery Green beans	Leaf lettuce Tomato Whole-kernel corn Avocado Red onion Fresh cilantro Jalapeño chiles, canned
Meat & Bean/Milk	Cheese Lean ham Hardboiled eggs Canned salmon Garbanzo or kidney beans	Black or pinto beans Cheddar or Jack cheese Chicken
Dressing	⅓ c. olive oil 2 T. lemon juice 1 t. red wine vinegar 1 T. fresh parsley or chives, chopped ⅛ t. salt	⅓ c. olive or vegetable oil ¼ c. mild salsa ¼ c. lime juice or vinegar Salt and pepper to taste

Directions

1. Wash and prepare ingredients.
2. Place each ingredient in its own bowl.
3. In a jar with a tight-fitting lid, measure all dressing ingredients. Shake well.
4. Serve family-style; each person builds their own salad.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

This institution is an equal opportunity provider and employer.

Eat Together • Eat Better
Set the table for the family...Set Roots for a Lifetime

Eat Together • Eat Better
Set the table for the family...Set Roots for a Lifetime

Build-a-Salad

Ingredients

For each serving prepare:

- 1 c. leafy greens
- 1 c. Vegetables & Fruit group
- 2–3 oz. Meat & Beans/Milk group
- 2 T. dressing

	Chef's Salad	South-of-the Border
Vegetables & Fruit	Romaine or spinach Tomato wedges Cucumber slices Sweet onion Celery Green beans	Leaf lettuce Tomato Whole-kernel corn Avocado Red onion Fresh cilantro Jalapeño chiles, canned
Meat & Bean/Milk	Cheese Lean ham Hardboiled eggs Canned salmon Garbanzo or kidney beans	Black or pinto beans Cheddar or Jack cheese Chicken
Dressing	⅓ c. olive oil 2 T. lemon juice 1 t. red wine vinegar 1 T. fresh parsley or chives, chopped ⅛ t. salt	⅓ c. olive or vegetable oil ¼ c. mild salsa ¼ c. lime juice or vinegar Salt and pepper to taste

Directions

1. Wash and prepare ingredients.
2. Place each ingredient in its own bowl.
3. In a jar with a tight-fitting lid, measure all dressing ingredients. Shake well.
4. Serve family-style; each person builds their own salad.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

This institution is an equal opportunity provider and employer.

CUT HERE

Eat Together • Eat Better

Set the table for the family…Set Roots for a Lifetime

Special family celebrations are fun and create fond memories that set roots for a lifetime.

Family Celebrations

- Help family members feel connected.
- Help children practice and share family foods and cultural traditions.
- Model and practice good manners.

Try some of the ideas on the right when planning a special meal:

RESTAURANT NIGHT

Set the table with a centerpiece. Have one child or teen be the waitperson and serve the family. Turn down the lights, eat by candlelight and enjoy a 'night out' at home.

GAME NIGHT

Make individual pizzas using English muffins, then play a family game. Take turns choosing the game so everyone wins.

CELEBRATE THE SEASONS

Celebrate opening day at the Farmers' Market, the leaves falling, or the first flowers of spring. Or how about an indoor picnic during winter with your favorite summer foods?

WASHINGTON STATE UNIVERSITY
EXTENSION

Artwork courtesy of the Washington State Dairy Council

Eat Together • Eat Better
Set the table for the family…Set Roots for a Lifetime

Special family celebrations are fun and create fond memories that set roots for a lifetime.

Family Celebrations
- Help family members feel connected.
- Help children practice and share family foods and cultural traditions.
- Model and practice good manners.

Try some of the ideas on the right when planning a special meal:

RESTAURANT NIGHT
Set the table with a centerpiece. Have one child or teen be the waitperson and serve the family. Turn down the lights, eat by candlelight and enjoy a 'night out' at home.
GAME NIGHT
Make individual pizzas using English muffins, then play a family game. Take turns choosing the game so everyone wins.
CELEBRATE THE SEASONS
Celebrate opening day at the Farmers' Market, the leaves falling, or the first flowers of spring. Or how about an indoor picnic during winter with your favorite summer foods?

WASHINGTON STATE UNIVERSITY
EXTENSION

Artwork courtesy of the Washington State Dairy Council

CUT HERE

A Celebration of Meatballs Around the World

(Makes 6 servings)

Ingredients

	Italian	Asian
Meatballs	1 pound lean ground beef 1 onion, chopped 1 (10-ounce) box frozen, chopped spinach, well drained ½ c. dry Italian bread crumbs 1 egg ½ t. black pepper ½ t. garlic powder ¼ c. grated Parmesan cheese 2 T. oil (for browning meatballs)	1 pound ground chicken 2 cloves garlic, minced 2 T. fresh grated ginger 2 green onions, finely chopped 2 T. hoisin sauce Salt and pepper to taste 2 T. oil (for browning meatballs)
Sauce/ Vegetables	2 T. flour 1 t. Italian herbs ½ t. oregano 1 (28-ounce) can tomato sauce 1½ c. water	1 c. shredded carrots 1 c. bean sprouts 1 c. snow pea pods, cut into pieces ½ c. low-sodium soy sauce

Directions

1. In large bowl, place meatball ingredients (except oil). Mix well. Shape into balls (about 2 T. each).
2. In skillet on medium-high heat, add 2 T. oil and brown meatballs on all sides. Remove from skillet.
3. Pour off all but 2 T. fat. Add dry sauce ingredients or cut vegetables. Stir for 1–2 minutes. Add liquid ingredients. Cook until mixture bubbles.
4. Add meatballs to skillet. Cover and simmer for 15–30 minutes or until internal temperature is 165° F. Stir to prevent sticking.
5. Serve with whole grain pasta or brown rice.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

This institution is an equal opportunity provider and employer.

Eat Together • Eat Better
Set the table for the family…Set Roots for a Lifetime

Eat Together • Eat Better
Set the table for the family…Set Roots for a Lifetime

CUT HERE

A Celebration of Meatballs Around the World
(Makes 6 servings)
Ingredients
Italian
Asian
Meatballs
1 pound lean ground beef
1 onion, chopped
1 (10-ounce) box frozen, chopped spinach, well drained
½ c. dry Italian bread crumbs
1 egg
½ t. black pepper
½ t. garlic powder
¼ c. grated Parmesan cheese
2 T. oil (for browning meatballs)
1 pound ground chicken
2 cloves garlic, minced
2 T. fresh grated ginger
2 green onions, finely chopped
2 T. hoisin sauce
Salt and pepper to taste
2 T. oil (for browning meatballs)
Sauce/ Vegetables
2 T. flour
1 t. Italian herbs
½ t. oregano
1 (28-ounce) can tomato sauce
1½ c. water
1 c. shredded carrots
1 c. bean sprouts
1 c. snow pea pods, cut into pieces
½ c. low-sodium soy sauce
Directions
1. In large bowl, place meatball ingredients (except oil). Mix well. Shape into balls (about 2 T. each).
2. In skillet on medium-high heat, add 2 T. oil and brown meatballs on all sides. Remove from skillet.
3. Pour off all but 2 T. fat. Add dry sauce ingredients or cut vegetables. Stir for 1–2 minutes. Add liquid ingredients. Cook until mixture bubbles.
4. Add meatballs to skillet. Cover and simmer for 15–30 minutes or until internal temperature is 165° F. Stir to prevent sticking.
5. Serve with whole grain pasta or brown rice.
This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.
This institution is an equal opportunity provider and employer.

Artwork courtesy of the Washington State Dairy Council

Eat Together • Eat Better
Set the table for the family…Set Roots for a Lifetime

Build-a-Salad Asian-style

Ingredients
For each serving prepare:
1 c. cabbage
1 c. Vegetables & Fruit group
2–3 oz. Meat & Beans/Milk group
2 T. dressing

Directions
1. Wash and prepare ingredients.
2. Place each ingredient in its own bowl.
3. In a jar with a tight-fitting lid, measure all dressing ingredients. Shake well.
4. Serve family-style; each person builds their own salad.

WASHINGTON STATE UNIVERSITY
EXTENSION

	Asian Salad
Vegetables & Fruit	Napa or Savoy cabbage Carrot, grated Cucumber Green onion Pineapple or mango Fresh mint, basil, or cilantro
Meat & Bean/Milk	Lean chicken, pork, or tofu Toasted sesame seeds, ground peanuts, or sunflower seeds
Dressing	½ c. canola oil 2 t. sesame oil 2 T. rice vinegar 2 T. low-sodium soy sauce 2 t. sugar or honey 2 T. fresh grated ginger

Artwork courtesy of the Washington State Dairy Council

CUT HERE

Falafel – Middle Eastern 'Meat'balls

(Makes 6 servings)

Ingredients

	Meatballs	Vegetables/Grain/Milk
Falafel	2 (16-ounce) cans garbanzo beans, drained and finely ground in blender 1 c. finely chopped onion 1 bunch parsley, finely chopped 3 cloves garlic, minced 2 T. flour ⅛ t. black or cayenne pepper 1 t. cumin 1 t. salt 1 T. lemon juice 2 T. oil (for browning meatballs)	Pita bread Leaf lettuce, shredded Tomatoes, chopped *Yogurt dressing* 1 c. plain yogurt ½ cucumber, seeded and finely chopped 1 small clove garlic, minced

Directions

1. In large bowl, place meatball ingredients (except oil). Mix well. Shape into balls (about 2 T. each).
2. In skillet on medium-high heat, add 2 T. oil and brown meatballs on all sides (7–10 minutes). Remove from skillet.
3. Prepare vegetables and yogurt sauce.
4. ***Serving suggestion:*** Cut pita in half and stuff with two falafel, lettuce, tomato, and yogurt sauce.

For lower-fat preparation (replaces Step 2)

Omit oil. Place falafel on greased baking sheet and bake in 350° F oven for 10 minutes.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

This institution is an equal opportunity provider and employer.

Eat Together • Eat Better
Set the table for the family…Set Roots for a Lifetime

Eat Together • Eat Better
Set the table for the family…Set Roots for a Lifetime

CUT HERE

Falafel – Middle Eastern 'Meat'balls
(Makes 6 servings)
Ingredients
Meatballs
Vegetables/Grain/Milk
Falafel
2 (16-ounce) cans garbanzo beans, drained and finely ground in blender
1 c. finely chopped onion
1 bunch parsley, finely chopped
3 cloves garlic, minced
2 T. flour
⅛ t. black or cayenne pepper
1 t. cumin
1 t. salt
1 T. lemon juice
2 T. oil (for browning meatballs)
Pita bread
Leaf lettuce, shredded
Tomatoes, chopped
Yogurt dressing
1 c. plain yogurt
½ cucumber, seeded and finely chopped
1 small clove garlic, minced
Directions
1. In large bowl, place meatball ingredients (except oil). Mix well. Shape into balls (about 2 T. each).
2. In skillet on medium-high heat, add 2 T. oil and brown meatballs on all sides (7–10 minutes). Remove from skillet.
3. Prepare vegetables and yogurt sauce.
4. Serving suggestion: Cut pita in half and stuff with two falafel, lettuce, tomato, and yogurt sauce.
For lower-fat preparation (replaces Step 2)
Omit oil. Place falafel on greased baking sheet and bake in 350° F oven for 10 minutes.
This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.
This institution is an equal opportunity provider and employer.