

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

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## Family Mealtime



Family mealtime is a great time for families to work together in making healthful meals and to build strong family bonds by eating together.

### Tips for Healthy and Enjoyable Family Mealtimes:

- ◆ Prepare simple, healthful meals so you have time for family mealtime.
- ◆ Save time by preparing enough food for two meals (leftovers).
- ◆ Offer a variety of foods so there is something for everyone to enjoy.
- ◆ Involve the whole family in planning, preparing, and serving the meals. Children are more likely to eat foods they have helped to plan and prepare.



#### **Fish Patties** 9 servings (2 meals for a family of four)

15 ½ ounces canned salmon or tuna, drained

1 cup crushed, dry bread crumbs

2 large eggs, slightly beaten

1/2 cup milk

1/8 teaspoon black pepper

1 tablespoon vegetable oil

1. Flake canned fish with a fork until very fine.
2. Add crumbs, eggs, milk, and pepper to fish.
3. Mix thoroughly.
4. Shape into 9 patties.
5. Heat oil in a skillet. Over medium heat, brown both sides of patties until thoroughly cooked.

\*Serve patties on whole-grain rolls. Include broccoli, canned fruit and milk with the meal.

NUTRITION FACTS (per fish cake) – Calories 150; fat 7 g; calories from fat 60; sodium 320 mg; total carbohydrate 9 g; fiber 1 g

## Spinach and Meat Cakes Serves 6

1 pound ground beef or turkey

16 ounces frozen spinach, thawed, well drained

1/2 cup finely chopped onion

2 minced garlic cloves

1/2 teaspoon salt

3 cups cooked brown rice

1. Combine all the ingredients, except rice, in a bowl. Mix well.
2. Form mixture into 12 small balls. Place in frying pan and flatten patties with a spatula.
3. Preheat skillet on medium heat (no oil). Cook patties over medium heat until thoroughly cooked.
4. Serve over brown rice. Include fruit and milk with your meal.

NUTRITION FACTS (per 2 cakes) – Calories 240; fat 5 g; calories from fat 50; sodium 360 mg; total carbohydrate 27 g; fiber 3 g

# Your Family's Mealttime

Family mealttime will look different for every family.

- Family mealttime can be at breakfast, lunch, or dinner.
- Family meals can take place at a variety of places like at home, a neighbor's home, restaurant, church, or picnic.
- Make sure mealttime is fun for everyone. Plan creative, tasty meals and keep the conversation pleasant and positive. Ask your child ***“What is the best thing that has happened to you today?”***

Talk about:

- something interesting that happened.
  - foods for tomorrow's meal.
  - favorite books or movies.
  - school - teachers, classes, homework, etc.
- Show your family how important they are by turning off the television and not answering phones during family mealttime.



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