



NOURISH TOGETHER!



October is National Eat Better, Eat Together Month!

Family meals provide one of the best ways to connect with your loved ones. Make the most of these moments with the Nourish Together Guide!

How to Make Family Meal Time a Reality

Start Slow: If your family isn't used to eating together, try adding 1-2 meals a week that fit into everyone's schedule.

Keep It Quick: Family meals can seem intimidating due to the perceived time effort involved. Take the pressure off by having family snack time instead of a full meal.

Meal Prep Together: Prepping your meals ahead of time helps get everything together and everyone around the table faster.

Get The Whole Family Involved: Meal planning, recipe hunting, grocery shopping, and cooking as a family are great ways to get everyone excited about mealtime.

Make Meal Time Technology Free: Turn off the TV and put away all electronics during family meal time. Use this time to learn about one another and grow closer as a family.

Take the Pressure Off: Family meals can be stressful if our children are not eating the way we hoped they would. Shift your focus away from the food being consumed and more on the people around your table. Allow everyone to serve themselves and encourage them to only take what they will eat to cut down on food waste.

Try Food-Theme Nights. Think Meatless Mondays, Taco Tuesdays, or a Kids Cook Night! You could even try themed buffet-style meals like a baked potato bar, nacho bar, or brunch.

Eating Out or Ordering Take Out Still Counts: The goal is to get everyone together and bond over a shared meal, that meal can literally be anything.

Make it Fun: Wacky would-you-rather questions, table top games, and so much more can all be utilized to turn family mealtime into an experience everyone will enjoy!



Table Time Conversation Starters

What was the best part of your day?

What was the hardest part of your day?

What's something new you learned today?

What's something that made you laugh today?

If you could be any animal, what would you be and why?

If you could go anywhere in the world, where would you go?

What is your favorite book right now?

Who is your favorite book character?

If you could only eat 3 foods for the rest of your life, what would they be?

Would you rather fly or breathe underwater?

What is the nicest thing someone did for you today?

What do you think makes a great friend?

What's one thing you want to learn?

Would you rather be 100 feet tall or the size of an ant?

If you could do anything you wanted for a day, what would you do?

What's one thing you are scared of?

What's your favorite thing about school?

What's your favorite thing we do as a family?

What are you excited about for tomorrow?

If you could pick a new color for the sky, what color would you make it?

What is one favorite thing you do by yourself?

What's your favorite song?

What makes our family special?

What would you do with \$100?

What is your least favorite color?

What are 3 things you are thankful for?

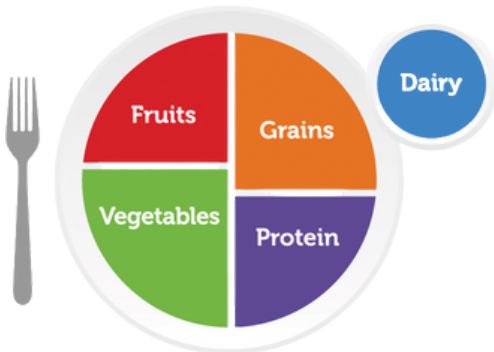
What is one way you helped someone today?

What is something that you did (or didn't do) today that made you feel proud of yourself?

Nourish Your Family With MyPlate!

Find your family's healthy eating routine using these recommendations from the 2020-2025 Dietary Guidelines for Americans!

Simply start with small changes to make healthier choices your whole family can enjoy!



MyPlate.gov

MyPlate Tip # 5: Move to low-fat or fat-free dairy milk or yogurt.

- Choose low-fat dairy beverages and/or calcium fortified soy or nut beverages to cut back on saturated fat.
- Portion control sour cream, cream, and regular cheese at meal times.

MyPlate Tip # 6: Choose foods and beverages with less added sugars, saturated fat, and sodium.

- Use the Nutrition Facts Label and ingredients list to limit items high in saturated fat, sodium, and added sugars.
- Choose vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream or cheese.
- Drink water instead of sugary drinks.

MyPlate Tip # 1: Add a Serving of Fruit to Your Meals.

- Choose whole, cut or pureed fruits – fresh, frozen, dried or canned in 100% juice.
- Fruit can also be enjoyed as a snack or dessert.

MyPlate Tip # 2: Pile on Veggies.

- Dedicate half your plate to veggies.
- Fresh, frozen or canned- they all count!
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted or raw.

MyPlate Tip # 3: Look for whole grains listed first on the ingredients list.

- try oatmeal, popcorn, teff, quinoa, millet, bulgur, brown rice, or breads, crackers and noodles made with whole-grain flours.
- Limit grain desserts and snacks such as cakes, cookies and pastries.

MyPlate Tip # 4: Vary your protein routine.

- Mix up your protein foods to include seafood, beans, peas and lentils, unsalted nuts and seeds; soy products, eggs, and lean meats/poultry.
- Consider having fish or seafood twice a week.

10 Ways to Eat Healthy on the Run

Think ahead and plan where you will eat. Consider what meal options are available. Look for places with a wide range of menu items.

Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for “healthier” choices.

Review and compare nutrition information if it’s available.

Menu terms that may indicate an item is healthier include: baked, braised, broiled, grilled, poached, roasted, and steamed.

Menu terms that usually mean a food is higher in saturated fat and calories include: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.

Share an entrée with someone, or take the other half of an order home for another meal.

When you splurge on a meal, avoid restricting calories for the rest of the day. Instead, continue to focus on healthy, balanced food choices—and enjoy your splurge!

Hold the bread or chips until your meal is served. Hunger may drive you to fill up on these empty nutrients before your meal arrives.

Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides empty nutrients.

Be wary of mindless eating if you like to keep snacks out in the open, like nuts or candy bowls. Consider stashing all snacks out of sight to avoid the temptation to eat when you’re not hungry.

Begin your restaurant meal with a soup or salad as a way to include more vegetables.

