

Maschio's Food Services Cafeteria Connection

What's to celebrate in **April**?

- National Grilled Cheese Month
- Easter is on 4/24
- National Pretzel Day on 4/26
- Cancer Control Month

"Healthy Meals Grow Healthy Kids"

April 2011

SIX Tips for **Family** Meal Time

- F**ocus. Turn off the television during mealtimes.
 - A**nticipate work, school, and other activities that may affect mealtime.
 - M**ake adjustments. Be flexible about the time of family meals. Try eating breakfast together if not everyone can be together for dinner or lunch.
 - I**nvite friends or neighbors over for a potluck meal!
 - L**augh a lot and keep a sense of humor. Allow time for everyone to talk and work toward happy, relaxing conversations at meals.
 - Y**ummm! Make a list of family favorites that are quick and easy to make. Share the responsibilities of cooking and shopping.
- Source: West Virginia University Extension Service



Make Your Family Meal a Special Event

Special family celebrations are fun and create fond memories. Mealtime fun strengthens family bonds.

Family Night at the Movie

Get a video and plan dinner around the movie.

Try these movie themes and food:

South of the Border: Make burritos, tacos, and chili.

Italian: Serve meatballs and spaghetti.

Asian: Try stir-fry vegetables, rice, soy sauce or sweet-sour sauce.

African: Have a bean dish. Africa has more types of beans than any other continent.

Old-time American: Try old-time "American Diner" food including: grilled cheese sandwiches, meat and potatoes, roasted chicken, macaroni and cheese. Invite a grandparent or older neighbor for dinner at the "Diner."

Source: Washington State University Extension



Fruit of the Month:

Banana



Veggie of the Month:

Did You Know?

Bananas are harvested green because they keep ripening even after they are picked.

Bananas are a good source of fiber, potassium and vitamin C. A diet rich in potassium is said to reduce the risk of high blood pressure.

COMPANY CHICKEN & RICE

(Makes 6 to 8 servings)

Ingredients:

- 1½ cups rice
- 1 can cream of mushroom soup
- 2 cups water
- ¼ cup chopped onion
- ¼ teaspoon pepper
- 1 cut-up chicken (2-3 pounds)

Instructions:

1. Heat oven to 350°F.
2. Lightly grease baking dish
3. Stir together rice, soup, water, onion, and pepper into baking dish.
4. Place chicken on top of rice.
5. Cover pan and bake at 350°F for 1½ hours or until rice is tender. ENJOY!

Source: Washington State University Extension

A Complete Lunch

Includes:

- ✓ Protein
- ✓ Grains
- ✓ Fruit
- ✓ Vegetable
- ✓ Milk

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Fill-in-the-Blanks

1. _____ are a natural source of the antioxidant 'lycopene', which may help prevent heart disease.
2. Unlike most other fruits that grow on trees, bananas grow on _____.
3. Studies show that people eat more _____ meals and a variety of foods

Tomatoes, Plants, Balanced, Family when they

