

## Mealtime is Family Time



Hectic schedules can make it difficult to find time for healthy, family meals. Work, running errands, homework, after-school jobs, sports, and many other obligations are often reasons why family members eat at different times. With good planning and flexibility, well-balanced family meals and snacks can be possible on a tight schedule.

Families that eat together have many benefits. Eating together can help improve family communication, help families feel closer bonds, and provide better nutrition. When youth take an interest in family meals it is an opportunity for them to learn life skills such as menu planning, cooking, healthful food choices, and how to regulate portion sizes. They can also learn responsibility through setting the table and helping clean up.



## Here are some ideas for making time for family meals:

- Consider choosing a different meal when everyone can be together; breakfast might be the one meal that works with everyone's schedules.
- Can't make the location work for everyone? Get creative about where you eat together. As an example, pack a meal and eat picnic-style at a ball game.
- To make mealtime easier, give everyone a job.
- Consider doubling recipes that are freezable for "cook once, eat twice" meals. On busy days, you'll appreciate the efficiency of defrosting and reheating these meals in the microwave.
- A slow cooker is a helpful kitchen appliance that can assist with time management. Make roasts, soups and stews.
- Have prepared fresh fruits and vegetables on hand for fast meal preparation by cutting them up ahead of time and storing them in the refrigerator. Frozen vegetables work great in a time pinch too.

Make mealtime positive. Include all family members at the table, including infants. Encourage each family member to talk about his or her day. Make the most of your quality time by eliminating distractions, turning off the television, and discourage cell phone usage at the table. Do not use food as a way to punish or reward your child.

**Remember! Parents, you are your child's first teacher. Getting children started with healthy eating behaviors can last them a lifetime!**

## Breastfeeding Corner

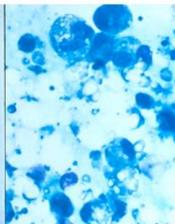
In case you missed our August World Breastfeeding Week celebration, here are some interesting facts for you!

- Breastmilk has been used to treat burns, eye infections, diaper rash and can reduce infection and promote healing in wounds.
- Babies have a powerful sense of smell and can identify their others breast milk by scent!
- Breastmilk sprays from multiple holes in the nipple; # of holes varies from mother to mother
- Formula vs breastmilk under a microscope-breastmilk is considered a living organism!

A drop of formula



A drop of breast milk:  
-White blood cells protect against infection  
-Fat globules help eyes and brain grow faster



**fit families**

Eat healthy • Be active • Your kids are watching

Do you have children between the ages of 2- 4? Do you want to create a healthier lifestyle for your family? Fit Families is committed to identifying health habits to help improve your family's lifestyle! Contact WIC for more information.

## Jack-O-Lantern Pancakes!



### Ingredients

- 1 Egg
- ½ cup canned pumpkin
- 1 ¾ cups nonfat or 1% milk
- 2 Tablespoons vegetable oil
- 2 Cups flour
- 2 Tablespoons brown sugar
- 1 tablespoon baking powder
- 1 teaspoon pumpkin pie spice
- 1 teaspoon salt

### Directions

1. Combine eggs, pumpkin, milk and oil in a large mixing bowl
2. Add flour, brown sugar, baking powder, pumpkin pie spice and salt to egg mixture-stir gently
3. Lightly spray large skillet over medium heat
4. Pour ¼ cup batter on hot skillet
5. Add raisins for eyes and teeth while the batter cooks-Turn over once
6. Refrigerate left over



## Fond du Lac County Immunizations

If you have insurance through an employer, you should see your doctor for immunizations. **If you have Badger Care/Forward Health, vaccines are available at the FDL County Health Department on the 2<sup>nd</sup> Monday of each month from 3:00-5:00 PM.** Please call before coming to make sure vaccines are available. If you have any questions, please call the Health Department at 929-3085