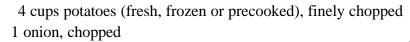
# Who has time for family meals? YOU DO!

## When Adults and Children Eat Together...

- Children do better in school.
- Children have fewer behavior problems.
- Teenagers are less apt to use alcohol or drugs.
- Children and teenagers say they like having time to talk to the adults in their lives.
- Communication improves between children and adults.
- Children understand their family's values and traditions.
- Traditions are created around food and meals.

### Also....

- Meals are more nutritious and healthful.
- Food dollars go further.
- Time is better utilized because the family only cooks one meal.
- Involves family in meal preparation.



3 garlic cloves, pressed or finely chopped

1 bell pepper (red or green), chopped

2 eggs, beaten

1 teaspoon black pepper

½ teaspoon salt

1 tablespoon vegetable oil

½ cup grated cheese (optional)

hot sauce or salsa

1 package flour or corn tortillas





# 10 Tips for Quality Family Meals

- 1. Aim for 4 or more meals a week.
- 2. Make family meals a priority.
- 3. Keep a sense of humor and laugh a lot.
- 4. Cook it quick and eat it slow.
- 5. Work toward happy, relaxing conversations at meals.
- 6. If time is an issue, make meals quick and easy.
- 7. Shop for food and cook together.
- 8. Take telephone calls later.
- 9. Turn the TV off.
- 10.Respect each individual's right to decide how much to eat.



### **Directions:**

(makes 8—10 servings)

- 1.In a large skillet, heat oil on medium-high setting.
- 2.Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need longer; check for doneness with a fork.
- 3.Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked (do not mix potatoes until eggs are cooked firm). Stir all ingredients together.
- 4. Wrap tortillas around the filling and top with salsa and cheese.

To get additional information about "Eat Better, Eat Together" visit the website at http://nutrition.wsu.edu or contact Pam Amann at pamamann@comcast.net or (253)761-2757 This information is funded, in part, by USDA Food and Nutrition Service, Food Stamp Office and Washington State University.