



## Get In Touch with Family Meals

### Slow Down, Get In Touch

Family mealtime is time to slow down and get in touch with your family. A regular mealtime routine helps everyone know what to expect every day.

### Before Dinner, “The Difficult Hour”

When everyone is tired and hungry, family arguments can just explode! Head off difficulties:

- Give hungry children a small snack to hold them until dinner. Bread, fruit, or vegetables or a glass of milk are nourishing.
- Have children help with dinner preparation. Have them help set the table or make simple dishes.
- Give a 5-minute warning for dinner. Alert everyone that dinner is almost ready. Tell them it is time to wash up for dinner.

### During Dinner

Enjoyable family meals make everyone want to come back:

- Plan a few meals for the children. Let children try new foods without being forced to eat. Everyone has some food likes and dislikes.

- Keep conversation pleasant. Save arguments for another time.
- Plan table talk. What happened today, what will tomorrow bring, does anyone have any news?
- Reduce distractions. Turn off the TV and phone.
- Give everyone time to talk. Listen to each other. Only one person talks at a time.
- Show children the respect and good manners that you want them to show you and others. Children learn by watching adults.

### After Dinner

Dinner's not over till the pots, pans and dishes are washed and put away:

- Plan a special time after dinner—a game or story time. Family talks are often better on a full stomach.
- Make a chore chart and take turns.
- Listen to music so chores go faster. Even if adults do the clean-up, children will see that the pleasant time can continue after the meal.

## **Vegetables and Dip**

2 cups plain yogurt

½ package dry onion soup mix or dry vegetable soup mix

Mix together and chill. Use as dip for washed and cut-up vegetables. Try cucumber, zucchini, or carrot sticks; broccoli or cauliflower pieces; tomato or cabbage wedges.

Vegetable Dip Variations:

Instead of yogurt, try 2 cups cottage cheese or 1 cup yogurt + 1 cup cottage cheese.

Dry soup has a lot of salt. For less salt, use 1 onion chopped very fine instead of soup mix and refrigerate overnight to blend flavors.

## **Oven-Fried Chicken** (Makes about 6 servings)

1 cup cornflakes

1 teaspoon dried garlic, and oregano, thyme or other herb

1/8 t. pepper

2 – 2 ½ pounds chicken pieces

1. Heat oven to 375°.
2. In a bowl, crush cornflakes into crumbs. Add herbs and pepper. Set aside.
3. Remove skin from chicken. Rinse chicken and drain.
4. Press chicken pieces in crumb mixture so it sticks.
5. Lightly grease a baking pan. Arrange chicken pieces so the pieces don't touch.
6. Bake in 375° oven for 45-55 minutes or until chicken is tender and no longer pink and juices run clear when poked with a fork. Do not turn chicken while baking.

While the chicken is cooking, cook mashed potatoes, grits, or cornmeal for a side dish and cut up carrot sticks.