

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.



Speedy Burrito

- 4 cups potatoes (fresh, frozen or precooked), finely chopped
- 1 onion, chopped
- 1 bell pepper (red or green), chopped
- 3 garlic cloves, pressed or finely 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.