

Family Champions. One Change at a Time.

10 No-Recipe Entrees!

Keep these nutrient-rich staple foods on hand for quick, easy, and healthy dinners!

In your cupboard:

Canned beans: low-fat refried beans, black beans
Canned tuna packed in water
Canned petite diced tomatoes
Canned chopped green chilies
Canned pineapple chunks or tidbits, in its own juice
Chili powder or no-sodium chili seasoning packet
Instant Brown Rice
Whole wheat thin spaghetti

Garlic powder or fresh garlic
Non-Stick cooking spray

In your refrigerator:

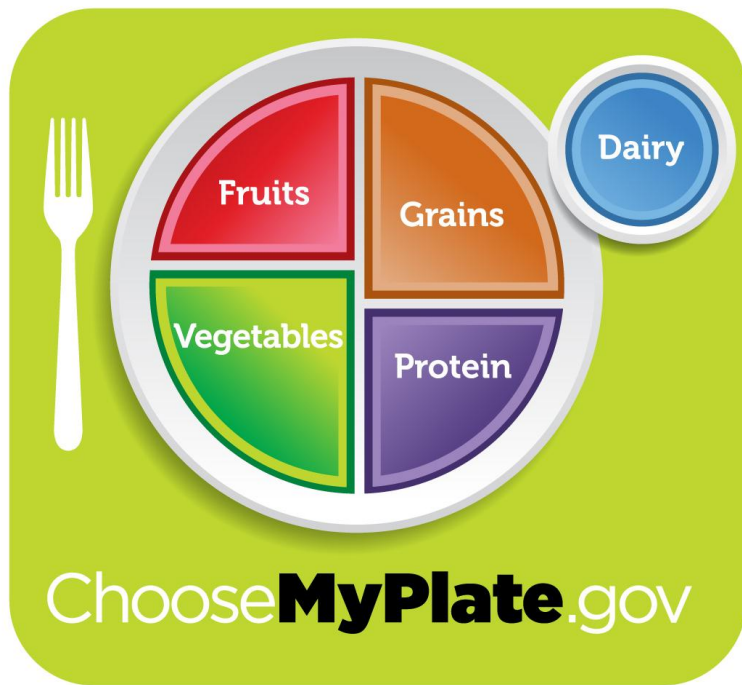
Light mayonnaise
Low-fat or reduced fat cheddar cheese, shredded
Part-skim mozzarella cheese, shredded
Eggs
Veggies of choice (i.e. red onion, celery)
Light sour cream or plain yogurt

Whole wheat or corn tortillas
Whole wheat English muffins
Low-sodium Teriyaki sauce

In your freezer:

Frozen stir-fry vegetables
Frozen bell pepper strips
Frozen vegetable medley
Frozen corn
Frozen lean meats, raw (for example, chicken tenders, 95% lean beef, lean pork, or fish)

Meal #1 Bean and Cheese Burritos Whole wheat or corn tortillas Canned low-fat refried beans Chili powder or no-sodium chili seasoning packet Low-fat or reduced-fat cheddar cheese, shredded Light sour cream or plain yogurt Can chopped green chilies	Meal #6 Stir Fry Frozen lean meat or cooked egg Frozen stir-fry vegetables Small canned pineapple chunks or tidbits, in its own juice, drained Instant brown rice Low-sodium Teriyaki sauce
Meal #2 Black Bean Veggie Fajitas Canned black beans Frozen bell pepper strips Whole wheat or corn tortillas Low-fat or reduced-fat cheddar cheese, shredded Light sour cream or plain yogurt	Meal #7 Rice & Beans Instant brown rice Canned black beans Canned tomatoes Frozen corn Part-skim mozzarella cheese, shredded
Meal #3 Pasta Whole wheat thin spaghetti Canned tomatoes Frozen vegetable medley Garlic powder or fresh garlic	Meal #8 Mediterranean Chicken Frozen chicken breast tenderloins (boneless and skinless) Canned tomatoes Garlic powder or fresh garlic Optional: whole wheat thin spaghetti
Meal #4 Veggie Quesadillas Whole wheat tortillas Part-skim mozzarella cheese, shredded Leftover veggies or cooked frozen bell pepper strips Non-stick cooking spray	Meal #9 Veggie Scramble Eggs Frozen bell pepper strips, cooked and diced Low-fat or reduced-fat cheddar cheese, shredded
Meal #5 Tuna Melt Canned tuna packed in water, rinsed and drained Light mayonnaise Whole wheat English muffin Low-fat or reduced-fat cheddar cheese, shredded Chopped veggies of choice, i.e. red onion, celery Garlic Powder	Meal #10 Teriyaki Chicken Frozen chicken tenders Low-sodium Teriyaki sauce Frozen vegetable medley Small canned pineapple chunks or tidbits, in its own juice Instant brown rice



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Key Behaviors for Healthy Families

- Children thrive when they eat breakfast daily.
- Offer a variety of fresh, frozen, or canned fruits and vegetables at your child's meals and snacks.
- It's important for children to drink low fat milk, or include other low fat dairy products, at meals or snacks.
- Limit the amount of soft drinks or similar sugary beverages your family drinks.
- Make chips, cookies, and candy "sometimes" foods for your family and monitor when children eat these foods.
- Resist the temptation to give candy as a reward for good behavior.
- Encourage children to be physically active every day, and join in with them when you can!
- Share meals together as a family as often as possible, and enjoy each other's company by connecting with each other (and 'disconnecting' the TV during meal time).
- Limit the amount of TV children watch, and limit screen time (TV/games/computer) to less than 2 hours each day.
- Set boundaries like discouraging children watching TV in their bedroom.
- Families should provide opportunities for physical activity through sports or activities with a coach or leader.
- Plan ways to be physically active together as a family.
- Encourage a daily routine for children's bedtime, and aim for your children to sleep 9 hours a night.
- Make fast food meals an occasional outing, not a several-times-a-week routine.



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Thank you for participating in today's **Family Champions** workshop!
Go to www.kidseatright.org for more great recipes, videos, articles, and tips to help parents shop smart, cook healthy, and eat right!

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