

BETTER LIVING FOR TEXANS NEWSLETTER

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EXTENSION

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Celebrating Family Mealtime

The value of time and conversation at family meals is often a sign of healthy families. Some physicians have even noticed a correlation between a loving home and the family table. When families make time for meals shared together, they are able to foster better connections with each other.

The Family Unit...

Studies have shown that this time spent together can influence the development of children as young as 2 or 3 years old. It may be harder to make these family mealtimes as children become older and busier, but it is vital that the special time is not forsaken. This time can build a close emotional relationship with the growing adolescents and teens in the household. Research shows that teens who are emotionally close to are far more unlikely to interact in risky activities or behaviors.



The Nutrition Component...

As more and more research shows evidence that the current dietary habits of adolescents is placing them at a high risk for adult onset diseases, the importance of the family connection has become critical, as other research notes the influence of the family on determining dietary patterns of young ones in the home. Parents determine the food availability and eating habits that children will follow. By modeling healthy eating habits at family mealtimes, parents allow their children a chance to adopt these healthy habits early in life.

Ultimately, family mealtime can promote a strong family bond, open communication, and a healthy diet. Now that's something to celebrate!

Don't Forget Breakfast!

Adults need breakfast to perform at the best, but children need it even more. Their bodies are still growing and developing, and without the energy fuel from breakfast, they are not well equipped to handle their day, both physically and interactively during the school day. Studies have even shown that children who skip breakfast tend to be more tardy and absent from school than children who eat breakfast.

One may think eating breakfast is a waste of time, but think about how much time will be wasted if you don't have the energy needed to work efficiently throughout the day. Breakfast helps recharge the brain after the food fast that happens while you are asleep. Give your body a fresh start for every day.

Yogurt Pancakes



What you need:

Utensils:

- Large mixing bowl
- Beater, whisk or fork (for eggs)
- Measuring cups and spoons
- Mixing spoon
- Frying pan or griddle
- Spatula

Ingredients:

- 2 eggs*
- 2 tablespoons oil
- 1 cup plain yogurt
- 2 cups all-purpose flour
- ¼ teaspoon baking soda
- ½ cup orange juice*
- ½ tablespoon cinnamon (optional)

*WIC Approved Food Package

What to do:

1. Wash hands and clean cooking area.
2. Beat eggs and oil in a large mixing bowl.
3. Add yogurt, flour, baking soda, and orange juice and mix thoroughly. Stir in cinnamon if desired.
4. Use a ¼ cup measuring cup to drop batter onto a hot greased frying pan.
5. When pancakes begin to bubble, turn them and cook on opposite side.
6. Serve with warm syrup.

Prep Time: 5 minutes

Cook Time: 10 minutes

Cost per serving: \$0.15

Nutrition Facts

Serving Size 1-1/2 inch thick slice (22g)

Servings Per Container 18 slices

Amount Per Serving

Calories 60 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 25mg **1%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 1g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%

MyPlate:

2 ounces Grains



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