

Kitchen Failure

We have all been too pressed for time or too tired to cook. If the only choice is fast food, you can make it better by taking it home and adding on. Whether your choice is burgers, pizza, chicken or burritos, you can supplement with a salad, and/or canned or fresh fruit to add fiber and balance to your meal. No time to take it home? Opt for a healthier side item instead of French fries or onion rings. Most establishments offer salads, fruit or yogurt. Instead of soft drinks with the meal, choose low-fat milk.



It's the Thought That Counts

Having meals with your family is an important ritual. Whether it is deli sandwiches or a turkey dinner, eat together.

If you need more information:

- American Dietetic Association
www.eatright.org
- The Centers for Disease Control
www.cdc.gov
- U.S. Department of Agriculture
www.mypyramid.gov

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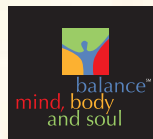
OUR MISSION WITH STOP HUNGER Stop Hunger Where It Starts

Since 1999, the Sodexo Foundation has been committed to being a driving and creative force that contributes to a hunger-free nation.

In order to eliminate hunger that affects 35 million people in the U.S., we must fight its root causes. The Sodexo Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education, and food insecurity.

From nutrition programs for children, to job training for adults, the Foundation supports hunger-related initiatives on the local, state, and national levels.

www.helpstophunger.org

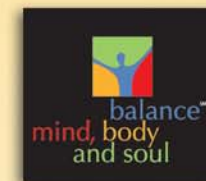


Balance Mind Body Soulsm is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven't done before, a food you haven't tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

www.balancemindbodysoul.com



10% Total Recovered Fiber/All Post-Consumer Fiber



Healthy Eating at Home



balance
mind, body
and soul

HEALTHY EATING AT HOME

Why are Family Meals Important?

Ongoing studies by the National Center for Alcohol and Substance Abuse show that children who have frequent family meals are less likely to drink, smoke, take illegal drugs, get into fights, be suspended from school, have pre-marital sex, or suicidal thoughts. Family meals help children develop higher self esteem and better social skills.



Eat with Your Children: Help them be healthier, wealthier & wise

The Dietary Guidelines for Americans suggest a healthy 2000-calorie diet include two cups of fruit and 2-1/2 cups of vegetables every day. This is hard to achieve with frequent restaurant dining, where meals are based on abundant portions of protein and starchy foods. Restaurant take-out can be a healthier option since it is easier to split entrées and supplement with your own side items. You can get more information about specific calorie needs for you and your family by visiting: www.mypyramid.gov.

Mac 'n' Cheese & a Can of Peas

Making dinner for your family doesn't mean you have to cook all day. Studies show that working people don't want to spend more than about 15 minutes on food preparation. When time is short, knowing what your family will eat and having the necessary ingredients on hand can supply you with a meal that is good for your physical and mental health.

Getting a Meal to the Table

Planning is the key to preparing meals when time is short. Making a menu each week, shopping and sticking to your plan will make life easier. For desperation dinners, make a list of five to ten meals that can be prepared quickly and tape it to the inside of a cabinet. Keep your pantry stocked with those meals in mind. When you are exhausted and your family is circling the wagons, whip up one of your pantry meals.

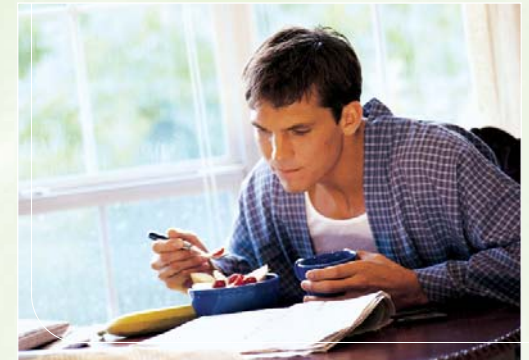
Shortcuts for Quick-to-Fix Meals

- If you have extra time, make a **double or triple batch** of a recipe. Freeze leftovers and thaw them when time is scarce.
- **Cook or grill extra meat** for double-duty dinners, have grilled chicken one night and chicken tacos or fajitas on another.
- Make extra meatloaf and **use leftovers** for Sloppy Joes or chili.
- Check your supermarket for **precut vegetables and meat** (like chicken strips) for a quick stir-fry, add rice and call it dinner.
- Pizza is usually **healthier prepared at home**. Buy pre-baked crust, low-fat shredded mozzarella and veggies for a complete meal.
- Canned beans, flour tortillas, and shredded cheese **make a quick burrito**. Add corn, fresh broccoli and low-fat ranch dressing.

Watching Your Waist

Obesity, especially, in children, is at an all time high in the United States. Overweight children are much more likely to become overweight as adults and to suffer from lifestyle diseases such as diabetes, hypertension and heart disease. An increase in soft drink and fruit juice consumption, inactivity and an increase in meals eaten away from home all contribute to this growing problem.

Families who eat meals at home are more likely eat a wider variety of fruit and vegetables, whole grains and have lower fat meals. Encourage healthy eating and snacking by keeping fruits and vegetables on hand and ready-to-eat. Other options for healthy snacks include, low fat yogurt, string cheese and crackers.



What You Can Do When the Kitchen is a Zoo

Children as young as four can set the table; by age five most can measure dry ingredients. Older children can help with clean-up and more complicated tasks. Get your kids involved in meal preparation, it will keep them busy and teach them a valuable life skill. If children participate in the preparation and planning, they are more likely to try new foods.