

Slow Cooker Veggie Chili

Assemble this chili in the morning and it will be ready for dinnertime. Serve with rice, quinoa, baked tortilla chips or whole-grain pitas. Delicious and nutritious!

Ingredients:

1 medium onion, chopped
1 pepper – red or green, chopped
1 15-ounce can pinto beans, drained and rinsed
1 15-ounce can kidney beans, drained and rinsed
1 15-ounce can black beans, drained and rinsed
1 6-ounce can tomato paste
1 14.5 -ounce can diced tomatoes -
with green chilies or pepper
3 cups low-sodium tomato juice
1 teaspoon chili powder
½ teaspoon cumin
Chopped cilantro (optional)

Put all ingredients, except cilantro, into a 4-quart size (or larger) Crock-Pot®. Cook on low setting for at least 8 hours, or high setting for 4 hours. Top chili with cilantro.

Variation: Add ½ pound cooked lean ground beef, chicken or turkey to the chili and then cook. Top finished chili with 1 tablespoon of shredded cheese, if desired.

Makes 6 servings.

Recipe adapted from the American Dietetic Association Guide to Healthy Eating for Kids.



Pancakes are easy to make and are not just for breakfast. This recipe tastes delicious any time of day!

Banana Pancakes

Ingredients:

2 large ripe bananas
1 egg
¾ cup rice, almond, soy, or 1% or fat-free milk
1 Tablespoon oil (such as canola)
1 cup dry pancake mix*
½ teaspoon cinnamon (optional)
Applesauce (unsweetened) for topping

1. Mash bananas in a bowl.
2. Mix in egg, milk and oil.
3. Add pancake mix to banana mixture and stir until moist.
4. Heat skillet over medium high heat. Pour ¼ cup of batter into heated skillet.
5. When bubbles appear on pancake surface, flip and brown the other side.
6. Top with applesauce!

*If using "Complete Pancake Mix" omit the egg, milk and oil.

Makes 6 pancakes.

Developed by the Protective Factors Subcommittee of the School Health and Wellness Coalition, a part of Steps to a Healthier Rockland in cooperation with Eat Well Play Hard.



Eat Together!

It Makes A Difference.



Better Health

Improved Communication

Lasting Memories

A message from the
Rockland County School Health and Wellness Coalition
www.rocklandsteps.org
(845) 364-2500

THE FAMILY MEAL

WHY DOES IT MATTER?

The average family meal lasts barely 20 minutes, but few other settings in family life have such potential to influence children's behavior and development. Sharing a meal regularly can boost children's health and well-being, reduce the likelihood that they will become obese or use drugs, and increase the chances that they will do well in school.



DID YOU KNOW THAT...

When families eat meals together regularly, children and teens:

- Get better grades in school.
- Develop healthier eating habits.
- Are less likely to smoke, drink or use drugs.
- Are less likely to have eating and/or nutrition problems.
- Are more likely to discuss serious issues with their parents.

TIPS FOR MAKING FAMILY MEALS A REALITY



- Schedule times when all family members can eat together. Consider breakfast or weekend meals if dinnertime is too difficult.
- A family meal does not always need to be home cooked.
- Have family members participate in the planning, preparing, cooking, and cleanup.
- Prepare meals that don't require a lot of time and effort.
- Pre-cut vegetables and bagged salads make quick and easy side dishes.
- Prepare some or all of the meal in advance.
- Double recipes and freeze some meals, so you have something on hand in the freezer.
- Consider using a slow cooker, such as a Crock-Pot ® so the meal is ready when you get home.
- For more recipes visit: www.rocklandsteps.org

IDEAS FOR MAKING MEALTIMES POSITIVE

- Once in a while, try to make some meals extra-special (for example, picnic night, candlelight dinner, make-your-own-pizza night, breakfast-for-dinner night, or other special theme meals).
- Turn off the TV, computers, cell phones and MP3 players.
- Allow everyone the opportunity to speak and to be heard.
- Keep the conversation positive. Some ideas for conversation starters are:
 - What was the best/worst part of your day?
 - What are you thankful for today?
 - If you could go on a vacation anywhere in the world, where would you go? Why?
 - If you could become any animal in the world, which one would you want to be? Why?
 - Finish the sentence "I wish someone had told me..."