EAT BETTER FOR LESS

Dinnertime! Invite Family, Friends to Table This Month

For many of us, August is a great time to get back to our regular routine and schedule. What a great time to introduce food, fun and conversation through family meals!





Why eat together?

Research shows eating with other people benefits everyone. It is a

simple, accessible and highly effective way to improve your health and boost your happiness.

Eating together has a particularly strong impact on the well-being of teens and young adults. Studies point to higher grade-point averages, resilience and self-esteem and lower rates of substance abuse, teen pregnancy, eating disorders and depression.

Tips for a successful mealtime

- Let each family member choose a recipe they love and add it in to the weekly meal plan.
- Have fun trying new ingredients.
- Serve at least one food you know family members will eat with each meal.
- Over dinner, play a fun game like "Would You Rather," or "Waiter, Waiter." Find these games and more at https://thefamilydinnerproject.org/fun/



Special doesn't have to mean hard. This recipe is easy and fun.

My Personal Pizza

Ingredients

- 1/2 English muffin
- 11/2 tablespoons spaghetti or pizza sauce
- 1 tablespoon grated cheese
- 4 tablespoons chopped vegetables, fruits, and/or cooked meat

Directions

- 1. Preheat oven to 400 degrees.
- 2. Lightly toast English muffin.
- 3. Spread with spagnetti sauce or pizza sauce. Add cheese and pizza toppings of your choice.
- 4. Bake 5-7 minutes until muffin is lightly browned and cheese is melted.5. Allow to cool slightly before eating. Refrigerate leftovers within 2 hours.

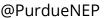
Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at https://www.eatgathergo.org/programs.

Resources: https://thefamilydinnerproject.org/https://eatgathergo.org/recipe/my-personal-pizza/











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