

## Moving and Grooving and Cooking Up Some Fun

ISD748



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## Introduction

What can we do to get Family Dinner Time back?

How can we get children and their families to have  
a healthy lifestyle and maintain family time

Observations: Multi-stressed families

Eating on the run, Often in the  
car, Lots of fast food

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## Studies have shown the importance of family dinners!

- A national study of American teenagers found a strong link between regular family meals and a wide range of positive outcomes
- Children who eat dinner regularly with their families have better nutrition

### Our goals:

1. To make family meal time nutritious and fun while working together
2. To give families movement activities to do as a family
3. To have healthy families living in Sartell and St. Stephen

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## ECFE Cafe



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## Menu

- Night #1      Breakfast night
  - Egg dishes, Pancakes, Smoothies
  - Speakers: Trainers from Gold's gym
- Night #2      Taste Testing/Healthy Snacks
  - New and familiar foods with different textures and tastes—kabobs, dips, trail mixes and more
  - Children will plan a menu, make a grocery list using the food pyramid for a meal they will make for their parents at the next sessions for a meal they will make for their parents at the next session
  - Speaker: Dietician from CentraCare.

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## Night #3      Italian

- Kid friendly pastas and sauces
- Speaker: Occupational and physical therapists discussing hand and upper body strength in young children
- Obstacle course is set up for the children by the speakers

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## Tips for family meal time fun

- Involve children in the meal no matter what the age, young children can set the table, load the dishwasher and cut with plastic knives
- Have regular family nights like pizza, taco or bread and soup night
- Celebrate everything at the family meal—a good job at school, a clean bedroom, picking up all the toys

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