

Families Making the Connection

Family Meals Matter

Families who regularly share meals together eat healthier.

With a little bit of planning...

Family meals can be part of your routine. Choose a time when everyone can be there. Ask your family for help and ideas on how to deal with barriers to family meals.

Family Meals Motivator: Do prep work on weekends. Prepare a dish ahead of time or make extra. Put it in the freezer until ready to cook.

With a little bit of prep...

Meals can be on the table in no time. Get everyone involved. Kids can mix ingredients, wash produce, set the table and serve dishes.

Family Meals Motivator: Keep the mood upbeat during prep time. Play some music everyone enjoys.

With a little bit of patience...

Meals can be enjoyable for everyone. Model good manners. Encourage calm and keep interactions positive.

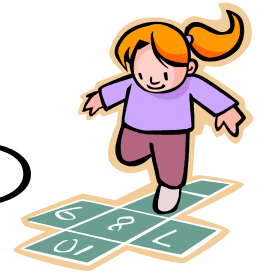
Family Meals Motivator: Give everyone a chance to talk about their day.

August

- Family Meals Month
- Peach Month
- Catfish Month
- Farmers' Market Week (2nd-8th)
- Apple Week (second week)



Menus for August 2010



Warren County Elementary Schools

Monday, August 2	Tuesday, August 3	Wednesday, August 4	Thursday, August 5	Friday, August 6
SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
Monday, August 9	Tuesday, August 10	Wednesday, August 11	Thursday, August 12	Friday, August 13
SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK

Fit Foundations

Peachtree Pork Salad

Makes 4 servings

Serving size: about 4 ounces pork and 2 cups salad

Ingredients

- 1 pork tenderloin, about 1 pound
- 10-ounce jar peach preserves
- 1/4 cup white wine vinegar
- 2 tablespoons Dijon-style mustard
- 1 10-ounce package mixed salad greens
- 2 cups fresh peach slices OR frozen, thawed peach slices
- 1 cup fresh raspberries
- 1/2 small red onion, cut into 1/8-inch thick slices and separated into rings

Directions


1. In a small bowl, stir together vinegar preserves and mustard. Set aside.
2. Butterfly pork tenderloin: Cut lengthwise to, but not through, bottom; open and flatten. Brush both sides of the pork with 1/3 cup of the peach preserve mixture.
3. Place pork on a broiler pan. Broil 4-6 inches from heat for 5-6 minutes. Turn. Brush with additional 2 tablespoons of the preserve mixture. Broil for 5 minutes more until the internal temperature on a thermometer reads 160° F.
4. Arrange greens on four plates. Slice pork in 1/2-inch thick slices. Arrange pork, peaches, raspberries and onion rings on greens. Drizzle with remaining preserves mixture.



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Sources: <http://kidshealth.org>, www.theotherwhitemeat.com

Monday, August 16	Tuesday, August 17	Wednesday, August 18	Thursday, August 19	Friday, August 20
SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
Monday, August 23	Tuesday, August 24	Wednesday, August 25	Thursday, August 26	Friday, August 27
SUMMER BREAK	SUMMER BREAK	Sausage Biscuit Assorted Juices/Fruit Beefaroni Broccoli Garden Salad Diced Pears Wheat Rolls Milk	Breakfast Pizza Assorted Juices/Fruit BBQ on Bun French Fries Cole Slaw Mixed Fruit Fresh Fruit Milk	Chicken Biscuit Assorted Juices/Fruit Turkey and Ham Sub Garden Salad Peas Applesauce Fresh Fruit Milk
Monday, August 30	Tuesday, August 31	Families Eating Smart and Moving More Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active: <ul style="list-style-type: none"> ▪ Prepare and eat more meals at home. ▪ Tame the tube. ▪ Choose to move more every day. ▪ Right-size your portions. ▪ Re-think your drink. ▪ Enjoy more fruits and vegetables. ▪ Breastfeed your baby. 		
Super Bakery Bun Assorted Juices/Fruit Nachos w/Cheese Pinto Beans Lettuce/Tomato Applesauce Fresh Fruit Milk	Pancake on a Stick Assorted Juices/Fruit Pepperoni Pizza Garden Salad Corn Sliced Peaches Fresh Fruit Milk			

By promoting good nutrition in the places where our children eat – at home and at school – we can have a greater impact on their health. Encourage your child's healthy eating habits by supporting school meals!