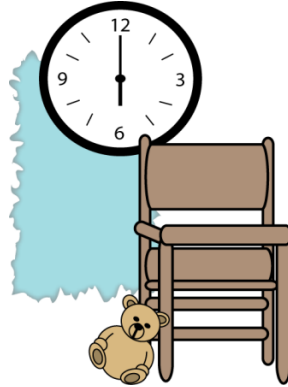


Children Thrive on Routines



A recent study in the Pediatrics Journal found that routines are important for children.

Preschool children who were exposed to three household routines – **regularly eating family meals, getting adequate sleep, and limiting screen-viewing time** – had a roughly 40 percent lower prevalence of obesity than those exposed to none of these routines.

Keep meals simple

Meals do not need to be large or fancy.

- Collect ideas for easy home cooked meals – write down your ideas in a small notebook.
- Sandwiches and soups make quick and easy meals.
- When you cook, make enough to have leftovers for the next meal or two.

Plan to serve breakfast, lunch and dinner each day.

Have 2 to 3 planned snack times during the day.

“We eat when we’re hungry. Should we have planned meals?”

Yes, it is important to have planned times to eat and not to eat throughout the day.

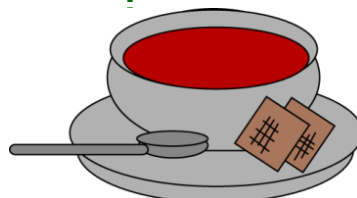
If your family is not eating planned meals...

- **You may be overeating.**
You could be eating because the food is available, you’re bored or tired, or the food just tastes good. It’s easy to overeat if you reach for food all day long.
- **You and your child may never really be hungry.**
Your child may be picky at meals because he’s not hungry. Eating small amounts throughout the day keeps the hunger away.
- **Your family will miss the benefits of family meals.**
Family meals are about more than food. They are a special time to share stories, family traditions and love.

Your child will learn family values when he listens to you and others.

Your child will also learn how to have a conversation. He can tell a story and also listen to family stories.

Planned meals and snacks help your child feel safe and secure. He knows what to expect during the day.



Baked Chicken Strips

- 1 pound boneless skinless chicken breast
- 1 cup milk
- 2 eggs
- ½ cup flour
- 1 cup cracker or bread crumbs
- Salt and Pepper to taste
- Vegetable Oil Spray

- 1 Cut the chicken breasts in strips.
- 2 Whip eggs and milk together in a bowl.
- 3 Mix flour, cracker or bread crumbs, salt and pepper together in another bowl.
- 4 Spray a baking sheet with vegetable oil spray.
- 5 Dip the chicken strips into the egg/milk mixture and then into the flour/crumb mixture.
- 6 Place chicken strips on baking sheet. Spray chicken strips lightly with vegetable oil spray.
- 7 Bake chicken in a 350° oven until no longer pink, about 15 minutes. Turn the chicken strips a couple times while cooking to brown on each side.

6 servings (3 ounces) – 265 calories,
5.3 grams of fat, 18% calories from fat
and .5 grams of fiber in a serving.

Try different flavors when making chicken strips...

- Use crushed saltine or ritz crackers.
- Use crushed corn flakes instead of cracker crumbs.
- Try Italian flavored bread crumbs.
- Add garlic powder, Cajun seasoning or your favorite seasoning.
- Add a little parmesan cheese to the flour mixture.



Five Ways to enjoy Chicken Strips

- 1 Top a salad with chicken strips.
- 2 Make a sandwich – serve chicken strips on whole wheat bread or bun.
- 3 Roll up chicken strips in a whole wheat tortilla with chopped lettuce and tomatoes.
- 4 Serve chicken strips on spaghetti with tomato sauce.
- 5 Dip chicken strips in barbecue sauce.



What can you do?

- Plan a breakfast, lunch and dinner meal for my family.
- Stop eating between meals and snacks.
- Try the Baked Chicken Strips.
- Other: _____