

## Homemade is the Best

Homemade meals are made  
with love and nutrition.

Homemade meals also save money!

Does your child have favorite foods  
that he likes to eat in restaurants?

You can easily make most of these  
foods in your home.

### Chicken Quesdallias

Layer cooked chicken pieces, American cheese slices  
and chopped tomatoes on a tortilla shell.

Top with another tortilla shell.

Warm quesadilla in a skillet on both sides  
until cheese melts.

### Pinwheel Sandwich

Layer each tortilla with  $\frac{1}{4}$  cup shredded carrots,

1 ounce ham, 1 ounce turkey and

1 tablespoon shredded cheddar cheese.

Roll up tightly and slice into 1 inch rounds.

Serve with honey mustard for dipping.

### Soft Pretzels

Thaw a loaf of frozen bread dough  
overnight in the refrigerator.

Cut dough into 12 pieces.

Roll each piece into a long noodle  
and shape into a pretzel.

Place pretzels on a lightly greased baking sheet.

Let pretzels rise until they are double in size,  
about 20 minutes. Bake in a 350° oven  
for 10 to 12 minutes or until lightly browned.



### Sandwich Buffet

Let your child put together  
his favorite deli sandwich.

**Stuff small buns with your favorites:**

- sliced turkey, ham or roast beef
- small slices of lettuce
- chopped tomatoes
- shredded carrots
- sliced green or black olives
- small slices of cheese
- thinly sliced green or red peppers

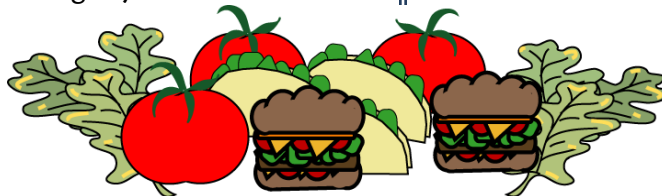
### Taco Buffet

Make your favorite taco  
with mini hard taco shells or soft tortillas.

**Stuff with your favorites:**

- cooked hamburger, chicken  
or steak strips
- refried beans
- chopped lettuce
- chopped tomatoes
- shredded cheddar cheese
- salsa

Try something new.  
Let your child see you  
eating new foods  
and enjoying them!



# Super Sized Food

We love to get more for our money!  
Restaurants try to serve what we want.

Serving sizes have increased  
because we love a bargain.

**Serving sizes can be 2 to 5 times  
larger than what we need to eat.**

“Extra Value” meals add french fries  
and soda for a few more pennies.  
Super sized meals are often twice  
as big as regular sized meals,  
but they do not cost twice as much.

Bigger is rarely better when it comes to food.

**“Extra Value” meals encourage us  
and our children to overeat.**

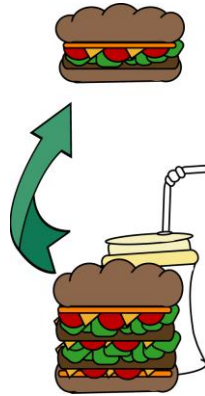
We tend to eat everything we buy –  
we hate to waste food.

**Eat normal size servings  
when eating out.**

**Eat normal size servings  
when eating at home.**

Your child is watching you.

Be a positive role model for your child.



**Try to limit eating out to  
once a week or less.**

Make healthy choices with your child  
at restaurants.

- ♥ Look beyond the Kid’s Menu. There are other foods on the menu that can be healthy choices for your child.
- ♥ Share a meal with your child. Ask for an extra plate. Children love to eat what their parents and others are eating.
- ♥ Choose grilled foods, not fried foods. Limit deep fried fish and chicken sandwiches.
- ♥ Order a grilled chicken sandwich. Cut chicken into bite size pieces for your child.
- ♥ Choose the hamburger instead of chicken nuggets. Chicken nuggets are high in fat and calories.
- ♥ Try a chicken soft shell or bean burrito.
- ♥ Order cheese pizza without high fat meats such as sausage or pepperoni. Order pizza with vegetables such as peppers, mushrooms and tomatoes.
- ♥ Bring along a fruit or vegetable to the restaurant. Let your child eat it while waiting for the meal. Small cans of fruit, bananas and orange slices are good choices.
- ♥ Skip the french fries. If you order fries, share a small order with your child.
- ♥ Order milk or water to drink. Limit soda which is high in sugar.

## Do the Mashed Potato

Peel sweet potatoes and cut into  
large chunks.  
Cook in salted boiling water  
until soft.

Drain water off potatoes.  
Mash sweet potatoes  
with a small amount of milk

Sweet Potatoes are a great source  
of vitamin A for your child!

