EAT TOGETHER IDAHO

Family Meal Guide

EatTogetherIdaho.org

Eat Together Idaho

Eating regular meals as a family is one of the best ways to build and maintain strong relationships with your kids. Frequent family meals are linked to lower rates of substance abuse and stress and higher self-esteem and academic performance.

Teens that eat dinner with their family 5 times a week are half as likely to use alcohol as those whose families eat together less than twice a week.*

*The Importance of Family Dinners VII, the National Center on Addiction and Substance Abuse at Columbia University

It's time to Eat Together Idaho!

It's simple: pick a time of day to eat a meal with your family regularly.
It doesn't matter if it's breakfast, lunch, or dinner, just as long as you're together.

Share Your Family Meal Photos
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For More Info, Food Challenges and Activities Visit:

www.EatTogetherIdaho.org

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Meal Challenge

Honey Lime Chicken

SERVES 4

What You Need:

- [ ] 3 pounds bone-in, skinless chicken pieces
- [ ] 1/3 cup honey
- [ ] 2 tablespoons fresh or bottled lime juice
- [ ] 1 ½ tablespoons reduced-sodium soy sauce

What To Do!

1. Preheat oven to 375°F. Arrange chicken in a single layer in a shallow casserole dish or 13 x 9-inch baking dish.
2. Combine remaining ingredients in a small bowl and blend well. Brush one-third of the honey mixture over the chicken. Cover with foil and bake 25 minutes.
3. Uncover, brush remaining mixture over chicken and bake another 10–15 minutes more until the internal temperature reaches 165°F and juices run clear.

Serving suggestion: Combine with brown rice or whole wheat noodles and steamed veggies.

Food Dare

Kick it up a notch!
Try a spice that will bring out the heat on this dish.

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Table Talk

1. What is your favorite thing to do as a family?
2. Do you think it's more fun to be a parent or a child?
3. What does it mean to be brave?

Mealtime Trivia

Q: Idaho is bigger than this entire region of the USA.

A: New England

Q: How many US states does Idaho border?

A: Six

Q: Which city in Idaho was the first in the world to be lit by atomic power?

A: Arco, ID

Funky Food Fact

Honey bees flap their wings 11,400 times per minute. That's what the buzz is about!

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Meal Challenge

Yogurt Banana Splits

Serves 4

What You Need:

- ☐ 4 bananas, peeled and sliced in half lengthwise
- ☐ 2 cups vanilla or plain yogurt
- ☐ Toppings of your choice: Chocolate chips, marshmallows, chopped nuts, granola, sprinkles, sundae syrups or fresh and dried fruits

Food Dare

Try new fruits! You never know how well different fruits can pair with bananas. Let's go!

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What to Do!

1. Arrange the halved bananas in four individual serving dishes, as you would for a banana split.
2. Place spoonfuls of yogurt down the center of each split.
3. Provide an assortment of toppings and let everyone make their own banana split creations!

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Table Talk

1. What is one thing you like to do when you feel overwhelmed?
2. Tell me something about yourself that you think I might not know.
3. What would you change if you could change one thing about the world?

Mealtime Activity

Upside Down and Backwards

Start a breakfast or dinner tradition around the theme of upside down and backwards. It can be once a month or once a year, just as long as you go all out!

Breakfast for Dinner: Dress in your fav PJs and cook up some eggs or pancakes. Invite your friends, or the stuffed animals.

Dinner for Breakfast: Cold pizza, anyone? Bedtime stories in the morning or ice cream for brekky? Treat yo self. You deserve it!

Just the Facts

Parenting tops peer pressure. Parents are the #1 influence in their child's life and in decisions regarding drugs and alcohol.*

*Utah Health and Risk Prevention [SHARP], 2019

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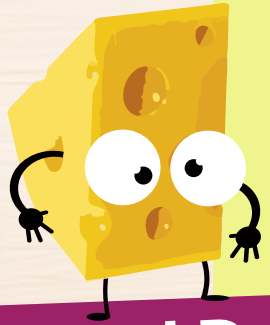
Meal Challenge

Wrap-It-Up!

Ahhhhh wraps, so versatile, so quick and yummy. There is a slim margin for error when making wraps! You can build them however you'd like, with as many or as few ingredients as your heart (or stomach) desires. Shoot, you can even make a deconstructed version, oh wait, that's a salad nvm.



Food Dare

Sweet? Savory?
How about both?
Try to include fruit in your wrap.

Suggestions

Not all wraps have to be savory... Get adventurous and make a sweet one! Think PB & J, or add watermelon to a spinach and feta wrap!

Might be crazy.
Might be
Sweet!!!!!!

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Table Talk

1. What was the hardest thing you did today?
2. What are you most looking foward to this week?
3. Tell me something you learned today that I might not know?

Mealtime Trivia

Q: How many counties make up the state of Idaho?

A: 44

Q: Which is deeper? Idaho's Hells Canyon or the Grand Canyon?

A: Hells Canyon

Q: How many pounds of potatoes are produced in Idaho each year?

A: About 27 billion pounds!

Funky Food Fact

The largest watermelon on record weighed in at 350.5 lbs.

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Meal Challenge

Breakfast for Dinner

B for D!
Say what!? Breakfast for Dinner. Trust us, it's da best. Now, you get to look forward to pancakes all day long!

Food Dare

Make sweet potato pancakes! They're yummy and healthy. Double trouble.

Suggestions

Put on your PJs and fire up the griddle! Grab some chocolate chips, blueberries, bananas ...oh my. The possibilities are endless.

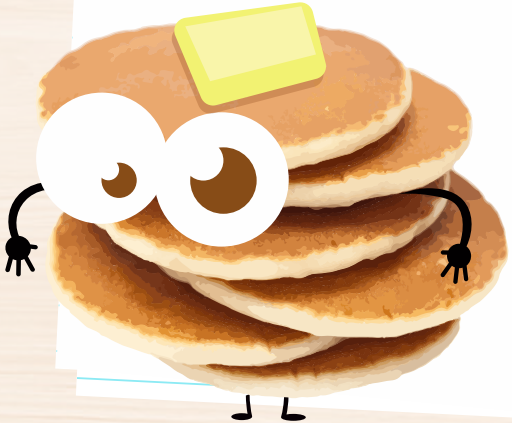

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Table Talk

1. Finish this sentence: "Someday, I'm going to be the first person in the world to..."
2. What is one lesson you would share with someone younger than you?
3. If snow or rain could fall in any flavor, what flavor would you choose?

Mealtime Activity

I-Spy

One person starts by choosing an object and saying, "I spy with my little eye something..." and then describing it. For example, "I spy with my little eye, something... purple!" The other diners have to guess what the person is looking at.

Just the Facts

The Idaho Healthy Youth Survey found that students who participate in supervised after-school activities just one day a week, on average, are less likely to report having ever used drugs, including alcohol, e-cigarettes, and marijuana.*

*Idaho Healthy Youth Survey, Idaho Office of Drug Policy

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Meal Challenge

Kitchen Sink Salad

There is nothing better than some leafy greens packed with toppings, dressings, and other goodies! Spice up your life by adding ingredients that you might not think belong in a salad, but they probably do! Hooray!

Food Dare

Try to include every color of the rainbow in your salad.

Suggestions

You've got random veggies, fruits, proteins, and other rad ingredients in your fridge and pantry.

Let's use them!

Food waste is no worry for this meal!

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Table Talk

1. If you could have a superpower, what would it be?
2. If you could take a class in anything, what would it be?
3. What happened today to make you laugh?

Mealtime Trivia

Q: What Idaho mountain range is named for its jagged profile?

A: Sawtooth Mountain Range

Q: What is Idaho's nickname?

A: The Gem State

Q: Nearly 85 percent of the commercial trout sold in the US is produced where in Idaho?

A: Hagerman, Idaho

Funky Food Fact

The jalapeño is the only chili pepper to have been in space!

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Meal Challenge

Breakfast Pizza

We all know everyone's favorite food is pizza, But have y'all tried pizza for breakfast?! Better yet, breakfast pizza!?!?!? Well now's your chance to have the best two meals of your life with your fam-bam.

Food Dare

Use a toaster waffle for the pizza crust!

Suggestions

Think outside of the normal go-to's for toppings. Go beyond scrambled eggs and bacon. Give chicken nuggets on your brekky 'za a try...

Trust us.

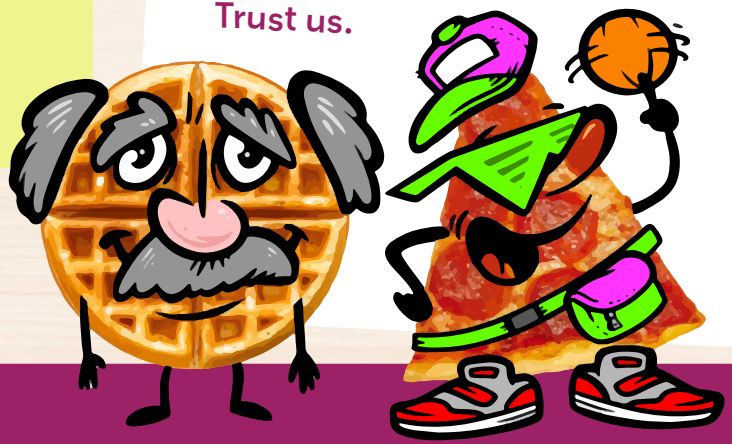

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Table Talk

1. What was the best thing you did today?
2. If you made the school rules, what would your top three be?
3. What did you do today that you're proud of?

Mealtime Activity

ABC'S of Gratitude

When you think about it, on even our worst days, we can still find things to be grateful for. Go around the table and have each family member share something they are grateful for, but in alphabetical order. Maybe you're grateful for animals, and your mom says she is grateful for bananas.
Try to make it from A to Z!
It's easier than you think.

Just the Facts

Though the brain may be done growing in size, it doesn't finish developing until the mid- to late 20s. A developing brain is significantly more vulnerable to the harmful effects of alcohol.*

*The Teen Brain: 7 Things to Know, National Institute of Mental Health

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Includes:

- Meal Challenges
- Recipe Suggestions
- Conversation Starters
- Family Activities
- Funky Food Facts
- Idaho Trivia

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