

Small Changes - Big Rewards



Mary Beth wanted to make some positive changes for her family. Zoe, her youngest, was so picky that she only ate five things, and her husband and son just loved fast food.

Mary Beth had tried before to change her family's diet. She'd go to the store and buy a cart full of healthy foods, only to have her family reject them. Finally she decided that getting her family to eat healthier meals was impossible!



Zoe helps mom pick new healthy foods

Many families, like Mary Beth's, would like to eat healthier, but just don't know where to begin. Starting with one small change is a lot easier than trying to do a complete menu make-over. Try to maintain the change for a few weeks before adding another. In a matter of months, your family will be on their way to healthier living!

Benefits of Healthy Meals Go Beyond the Dinner Table

Cooking and eating meals together even once or twice a week can lead to future rewards. Take a look at what a few small changes can bring:

- **A slimmer family**
Fast food meals have more calories and fat than most home cooked foods. Just 100 extra calories per day can cause a gain of 10 lbs in one year.
- **More money in your pocket**
All those dollar menus may make fast food seem cheaper, but when you add up all you have to buy to feed a family, cooking at home will save you cash.
- **Less trouble when they're teens**
Several studies have shown that kids who eat meals with other family members are less likely to do drugs or get into other trouble as teens.

Common Concerns:

Helpful hints:

If I want my family to eat healthier, we'll have to give up all the foods we love.

Identify just one item that your family eats that you could fix differently or trade for a healthier food.

My kids will never learn to like healthier foods.

Keep offering the healthier foods along with old favorites. Most children, over time, will learn to like the new foods.

Sweet Potato Oven Fries



Ingredients:

Vegetable Oil, for lightly coating
4 large sweet potatoes, peeled
and sliced in 1/2 inch rounds or
lengthwise in wedges
2 teaspoons salt



Preparation:

1. Preheat oven to 425 degrees F.
2. In a large mixing bowl, drizzle oil over the potatoes and toss to coat. Sprinkle salt over potatoes and toss.
3. Place sweet potato fries in one even layer onto a baking sheet. Keep space between them so they get crispy on all sides.
4. Place into the oven for 10 minutes, then flip them over. Place back in for 10 more minutes. They should be browned on the outside. Cool for 5 minutes before serving.

Apple Crisp



- Preparation:**
1. Heat oven to 375 degrees and lightly butter an 8 or 9-inch-square baking pan. Arrange the apples evenly in the prepared pan.
 2. Place the oats, brown sugar, flour, spices, and salt in a sealable plastic bag, close, and shake until combined. Cut the softened butter into 1-inch pieces and add to the oat mixture. Close the bag again and knead or squeeze until the mixture holds together.
 3. Open the bag and crumble the topping evenly over the apples.
 4. Bake the apple crisp for 40 to 45 minutes or until the topping is golden brown and the juices begin to bubble around the edges. Cool slightly.

Ingredients:

6 apples, peeled,
cored and sliced
1 1/2 cups plain
uncooked
oatmeal
3/4 cup brown sugar
1/4 cup all-purpose
flour
1 teaspoon
cinnamon
1/4 teaspoon salt
1/2 cup butter
(1 stick), softened

