



Eat**Right** Ontario

Food Choices

When Money is Tight

HEALTHY FAMILY MEALS

Making and eating family meals at home saves money.

Eating together also supports healthy eating habits for adults and children. But it can be hard to serve healthy meals at home that the whole family will enjoy. Try these tips to help family meals go well.

1. Eat together at home.

- **Plan regular meals at home as a family.**

Busy schedules can make this a challenge but do your best to have at least one meal together each day.

- **Eat at the table.**

Enjoy time together without TV, toys or other distractions.

2. Make one meal for everyone.

- **Offer everybody the same foods at mealtimes.**

Avoid making something special for 'picky' eaters.

Children will learn to like many different foods only if they are encouraged to try them. Making only one meal also saves money and prevents waste.

- **Set a good example** by choosing healthy foods and your kids will follow.





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3. Make healthy foods fun and interesting.
 - **Different shapes and colours make foods more appealing.** Try dips, sauces and seasonings to add flavour and interest to foods.
4. Avoid power struggles over food.
 - **You decide what foods are served but let children decide what and how much to eat.** If you respect children's appetites you will have fewer battles over food.
5. Get your children to help plan and prepare meals.
 - **Let children have a say in what is on the menu.** If they want less healthy foods, talk about healthier options.
 - **Children are more likely to try new foods if they know more about them.** Talk about how foods grow.

Here are a few family-friendly, lower-cost meal ideas to try:

- Tuna and vegetable wraps
- Macaroni and cheese with broccoli
- Chicken and vegetable kabobs with dip (plain yogurt mixed with fresh or dried herbs)
- Mini burgers with sweet potato fries



Questions to ask your community service provider OR contact EatRight Ontario

- What can I do to get my picky eater to eat healthy foods?
- What are some ways to get my children involved with cooking and meal preparation?

To find answers to your healthy eating questions or get more **Food Choices When Money is Tight** factsheets speak to a Registered Dietitian at EatRight Ontario at **1-877-510-510-2** (in Ontario) or visit www.eatrightontario.ca/en/budget

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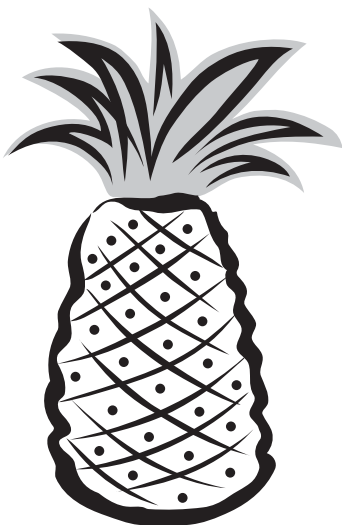
RECIPES

Hawaiian Chicken Serves 8

16	chicken pieces (drumsticks, thighs)	16
2 tbsp	butter or margarine	25 mL
1	19 oz (540 mL) can crushed pineapple, drained	1
3 tbsp	prepared mustard	45 mL
¼ cup	honey	60 mL
½ tsp	salt	2 mL
1	green pepper, sliced into rings	1
	paprika	

1. Preheat oven to 350° F.
2. Remove skin from chicken pieces. Arrange in a 9 x 13 inch baking pan.
3. In a saucepan, melt the butter or margarine over medium heat. Stir in the drained pineapple, mustard, honey and salt. Heat through.
4. Spoon the sauce evenly over the chicken pieces. Sprinkle with paprika. Garnish with green pepper rings.
5. Bake, uncovered, for 45 minutes or until chicken is no longer pink. If desired, broil for the last 5 minutes of cooking time to brown a little more.

*Reprinted with permission from **Colour It Up...Go for More Vegetables and Fruit** – a six week program that gives women the knowledge, skills and confidence to eat more vegetables and fruit. Materials used with permission from the Nutrition Resource Centre. www.colouritup.ca*





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RECIPES

Mini Pizzas Serves 6

6	English muffins, cut in half	6
1 ½ cups	tomato sauce	375 mL
¼ cup	finely chopped green pepper	50 mL
¼ cup	sliced mushrooms	50 mL
1 cup	grated cheese	250 mL
	dried basil and oregano	

1. Turn oven to 350° F.
2. Place English muffin halves on a baking sheet.
3. Spread tomato sauce on each muffin half. Sprinkle with basil and oregano, to taste.
4. Put green pepper and mushrooms on top of each muffin half. Sprinkle with cheese.
5. Bake until hot and bubbly, about 20 to 25 minutes.

*Adapted from **The Basic Shelf Cookbook (1995)** with permission from the Canadian Public Health Association.*

Other pizza toppings to try:

- diced or sliced tomatoes
- asparagus
- leftover chicken
- ham
- pineapple
- olives



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