

WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

August 2017



Family Meals Month!

The benefits of family meals go beyond nutrition and family unity. Family meals are an opportunity to promote child development. Regular family meals teach children many things that will enrich their lives beyond the immediate health benefits of eating nutritious food.

1. **Memories** Taking the time to sit together at mealtime helps create positive memories for yourself and your family.
2. **Enjoyment** The first and most important place where children learn positive attitudes about food is in the home. Eating meals together starts a lasting and positive relationship with food.
3. **Self Esteem** Mealtime conversation brings the family together and promotes positive self-esteem in children.
4. **Life skills** Children learn best by doing, not watching, so get them involved! You can teach children how to cook balanced meals for themselves by including them in meal planning and preparation.
5. **Traditions** Mealtime is an ideal time to strengthen family ties and pass on family cultural traditions. Whether you are celebrating a holiday or just eating an everyday meal, things you do in your home will be passed down to your children and grandchildren.
6. **Curiosity** Kids are more likely to try new foods when they are involved in meal preparation. They have a natural curiosity about food so be sure to offer new foods at mealtime (but never force them to try them.)
7. **Relaxation** Family meals are the perfect time to connect with each other and share your stories of the day. Shared time and positive experiences with your children is great way connect and relax together after a hectic day of work, school and errands.
8. **Responsibility** Research has shown that cooking with kids and assigning tasks surrounding mealtime, promotes independence and a sense of responsibility in the kitchen – and in life.
9. **Communication** Having conversations at mealtime increases your children's vocabulary. Encourage them to speak by asking about the best part of their day and probe more about what made the best part so great.
10. **Love** Children watch and imitate adults, and look to them to learn proper behavior for everything from saying please and thank you to learning about fitness and nutrition. Mealtime is the ideal time to remind your children every day that they are important and loved.

Source: <https://www.healthyeating.org/Healthy-Eating/Meals-Recipes/Family-Meal-Planning/Article-Viewer/Article/314/Why-Family-Meals-Matter>

An infographic with a teal background. At the top, the title "Family Meals Fend Off Risky Behaviors" is written in white. Below the title is a calendar icon with a red circle containing the number "3" and the text "meals per week". Below this, the text reads "The more families share meals, THE LESS LIKELY their kids are to drink alcohol, smoke or use marijuana." At the bottom, there are three icons: a cigarette with a red "X" and "4x", a marijuana leaf with a red "X" and "3x", and a beer mug with a red "X" and "2x". At the very bottom, it says "Family Meals Annotated Bibliography, Pennsylvania Nutrition Education Network".

RECIPE OF THE MONTH

On-the-Go Egg Cups

Source: www.superhealthykids.com



Make these grab-and-go breakfasts ahead of time! Store extras in an air tight container in the refrigerator for 1 week or freezer for 1 month. Microwave thawed cups for 45-60 seconds.

Prep: 10 minutes
Cook: 20-25 minutes
Makes: 12 servings

Ingredients:

- 1 – cooking spray
- 6 large – egg
- 1/4 cup – milk
- 1/8 teaspoon – salt
- 1/8 teaspoon – black pepper, ground
- 1 medium – bell pepper, red
- 3/4 cup – spinach
- 1/4 cup – cheddar cheese, shredded

Directions:

1. Spray a muffin tin with cooking spray. Preheat oven to 375°F.
2. Whisk the eggs and milk together in a bowl. Season with salt and pepper.
3. Dice the bell pepper into small pieces. Stack the spinach leaves, roll, and slice thin.
4. Add the peppers, spinach, and shredded cheddar to the egg mixture.
5. Fill muffin cups 3/4 full and bake for 20-25 minutes until centers are set and no longer runny.
6. Allow to cool slightly before serving.

Family Meal Planning Tips!

From www.ChooseMyPlate.gov



Plan your meals

Avoid stress at mealtime by planning a weekly menu and posting it in a location for everyone to see, like a chalkboard in the kitchen.



Prep ahead

Have ingredients for the week ready. After you shop, cut vegetables and measure ingredients in advance for easier meals.



Make mealtime a priority

Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



Think beyond dinner

If evenings are too hectic at your house, consider other meals for family time such as a weekend brunch or even afternoon snack time.



Keep meals fun and focused

Keep the family table a media- and stress-free zone. Use your valuable family time to "unplug," interact, and focus on each other.



Fitness Tips for Busy Schedules

Try 10-minute mini-workouts during hectic times.

During busy times of the year, such as the hectic holiday season or when you're facing important deadlines at work, you'll often be tempted to skip your regular workout. Try squeezing in "mini-workouts" instead. If it's hard to find 30 minutes or more for exercise, try working in just 10 minutes at a time throughout your day. For example, in the morning try 10 minutes of stretching and calisthenics (e.g., push-ups, knee bends, jumping jacks, and sit-ups), then a brisk 10-minute walk at lunch, and 10 minutes of resistance exercises in the evening. It will help you stay on track and avoid feeling discouraged about exercise.

Make exercise a priority in your schedule.

Ever wonder how you will find time to exercise? You are not alone. The best way to make time for exercise is to put it into your schedule along with all of your meetings, family outings, social events and trips. Each weekend, look at your schedule for the upcoming week and schedule your workouts on the days when you know you will have time to fit them in. Then, when the reminder pops up on your computer or PDA, treat it like a meeting ... a meeting between your mind and your body!

Add variety – whenever you can.

To keep yourself motivated with your workouts, just try adding variety. Do a traditional gym workout lifting weights, then next time go for a hike up a local mountain, try surfing, take a Yoga class, or run on the beach. Variety is the key for my workouts to stay interesting and fun so I make it a way of life. Also, by doing a variety of activities you're more likely to work many different muscles, which will improve your overall fitness level.

Surround yourself with fitness-minded people.

Put yourself in environments and situations that promote health and fitness; avoid the alternative wherever possible. Just think of how much time you spend at work. If you have co-workers who eat at fast food restaurants every day, it's going to be difficult for you to make healthy lunch choices. Instead, seek out fellow employees who are living an active and fit lifestyle, as it will make it easier for you to do the same. Also, find friends who are interested in fitness and be there for each other. Besides serving as workout buddies for motivational purposes, you can help each other stay on track by being creative. I had a group of girlfriends that would report to the group via email each day with what they did for their workout. This quick and simple tactic motivated the person by sharing their accomplishments but it also held the others accountable to stick to their workout, knowing they'd have to report back each day.

For more tips, go to <https://goo.gl/nzyHDJ>

EMPLOYEE WELLNESS NEWSLETTER

