



DINNER CONVERSATION STARTERS

Family dinners are hard but they are so important. Here are a few questions to fun conversations started...

- Name one thing you saw today that you've never seen before.
- If you could be an animal, what would you be? Why?
- If you were free to do anything you wanted all day, what would you do?



For more ideas, visit TheFamilyDinnerProject.org

BRAIN POWER

Did you know that practicing gratitude actually makes your brain work better?



That's right - gratitude causes significant changes to occur in your brain that can enhance function and make you feel better.

Here are two simple ideas to practice and share with your family...

Wake up each day saying...
"Today is going to be a great day."

End the day asking yourself...
"What went well today?"

Recipe Favorite... FRUITY FRENCH TOAST

Makes: 6 pieces of French toast
Active Time: 10 minutes. Total Time: 10 minutes

Ingredients

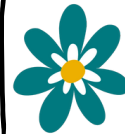
- 6 eggs, beaten
- 1 tablespoon vanilla
- 1/3 cup thawed 100% orange or pineapple juice concentrate (do not dilute)
- 1 tablespoon coconut oil
- 6 slices whole grain bread



Preparation

1. Mix all ingredients together except bread & oil.
2. Heat the oil in a skillet.
3. Soak the bread in the egg mixture and carefully place it in the skillet.
4. Brown on both sides and serve!

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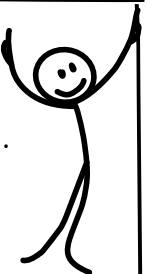


Visit Back2Basics4Life.com for workshops, resources & ideas.

"Children are great imitators. So give them something great to imitate." - Anonymous

Healthy Quick Tips... DINING OUT WITH KIDS

DITCH THE KIDS' MENU. The kids' menu is filled with some of the junkiest foods around - hot dogs, breaded and processed chicken and French fries. Instead, look for healthy menu items like soups, salads with grilled fish and sandwiches with lean meats that you can ask for a smaller portion of or just share with your child. Don't want to eat the same thing as your child? Order a "to go" box right when their plate is delivered, then pack half of the meal right away. This can also help mom and dad control those notoriously large restaurant meal portions sizes too!



START WITH SOUP AND SALAD. Fibrous foods like salads or veggie rich broth-based soups are a great start to a restaurant meal because they're filling without the fat. That way if your kids insist on ordering something less than perfectly healthy they won't want as much of it once it arrives.

OFFER CHOICES TO YOUR CHILD. As you look through the menu together, point out three or four healthy choices and let your child select what they want to eat or share with you.