

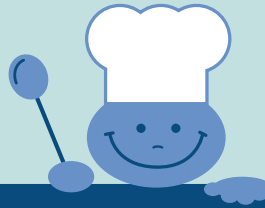
Cook Together



Using the *Cook Together* poster, and what you know about your family, take a few minutes and answer these 3 questions:

1. What are some benefits your family might get from cooking and eating together?
2. What tasks can your child (or children) do to help prepare a family meal?
3. What website has low-cost, quick, easy and tasty recipes to help your family “cook it fast” on busy nights?

Cook Together



Cooking together helps make mealtime happen. When everyone shares the work, it is easy to do and food may even taste better. Everyone likes to try foods that they help make. It's fun to share something you've made.

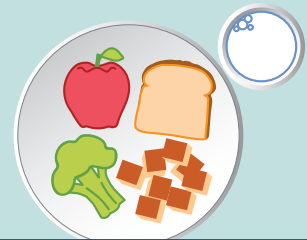
Cook it fast on busy nights. Try stir-fried meat and vegetables, quick soups or sandwiches. Find easy, quick and tasty recipes that don't cost a lot to make at



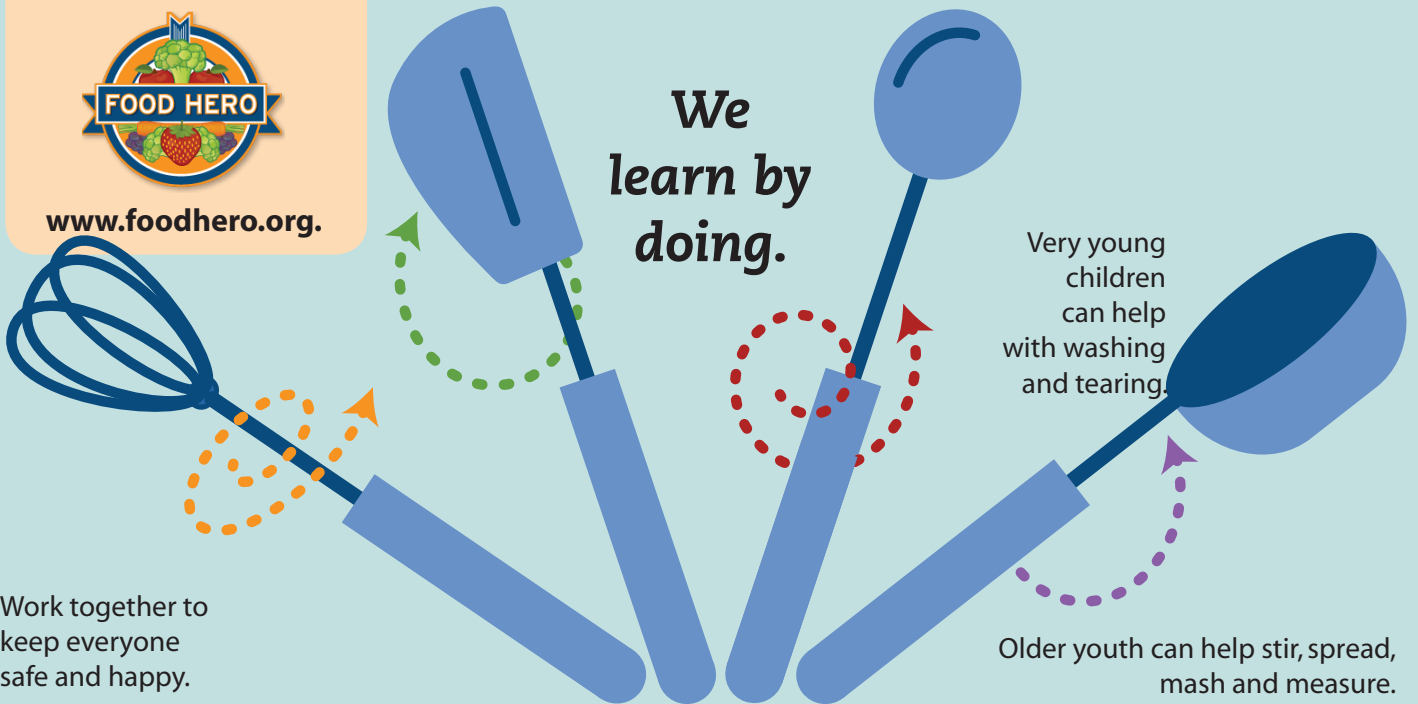
www.foodhero.org

Use the food groups as your guide to cooking a healthy meal. Plan meals that include at least 3 food groups: dairy, grains, fruits, vegetables and protein.

Go to www.choosemyplate.gov for more info.



We learn by doing.



Work together to keep everyone safe and happy.

Very young children can help with washing and tearing.

Older youth can help stir, spread, mash and measure.



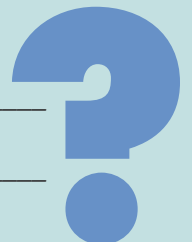
Think about:

Who will plan and shop? _____

Who will help cook? _____

Who will set the table? _____

Who will help clean-up? _____



Cook Together. Eat Together. Talk Together. Make Mealtime a Shared Time.