

News in Your School

Southern Regional School District

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- ✓ **Personal
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RD Corner



Hello! My name is
Meredith Hesselein and I'm
your school Registered
Dietitian!

My main goals are to teach
students lifelong healthy
eating habits and to keep
you up to date on food and
nutrition news. If you have
any questions or
comments, feel free to
contact me at:

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MAKE MEALTIME FAMILY TIME

Eating together is good for the whole family. Mealtime gives everyone a chance to catch up while enjoying a healthy meal. In addition to spending more quality time together, families who eat meals together tend to be healthier, and kids who eat family meals may perform better in school.

Sometimes mealtime can feel like another chore on the to-do list, but family meals do not have to be complicated. The key is eating together. Planning ahead can help to ensure your family has healthy foods on hand.

Try these planning tips:

- ❄ Look at your family schedule and decide on meal times.
- ❄ Create a meal plan for the week. This may be just one or two family meals per week to start off with. Let your kids help, getting their input on the menu will limit the need to make separate meals just for them.
- ❄ Make your shopping list. Kids can help with this too! Have them practice their writing skills. Remember: Fewer trips to the grocery store means more time to spend with your family at mealtime.



Cooking is fun but cooking and dancing is even more fun! This is an easy way to sneak in a little physical activity while creating more positive family memories!

Want to extend family time in a healthful way? Schedule in 10-15 minutes to walk after dinner.

Article adapted from: Oregon State University
Oregon State Extension Services

<https://growthkc.extension.oregonstate.edu/sites/default/files/1-healthy-family-january.pdf>

Let's Get Cooking...

MY PERSONAL PIZZA

Personal pizzas are a fun and easy way to get kids involved in the kitchen.
Let kids help by adding the sauce, cheese and FUN toppings.

INGREDIENTS

- ½ English muffin (whole wheat)
- 1 tablespoon low sodium spaghetti or pizza sauce
- 1 tablespoon grated cheese
- 1 tablespoon chopped vegetables (onions, bell peppers, mushrooms, tomato), fruits (pineapple), and/ or cooked meat (chicken or sausage)

Prep Time... 10 minutes
Cook Time... 5-7 minutes
Yield... 1 serving (1 pizza)

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Lightly toast English muffin.
3. Spread with spaghetti sauce or pizza sauce.
4. Add cheese and pizza toppings of your choice.
5. Bake 5-7 minutes until muffin is lightly browned and cheese is melted
6. Allow to cool slightly before eating.
7. Refrigerate leftovers within 2 hours.

