

SPOTLIGHT: HEALTHFUL FAMILY GOAL SETTING



The beginning of the year is a wonderful opportunity to reflect on what healthy eating habits you want to incorporate into your household's daily life, get everyone in your family on the same page, and set a good example for your child. Healthy eating is not easy, and requires planning, goal setting, and slow and steady progress over time. Begin by making goals simple and concise. Think about some things you may want to improve about your child's eating habits.

Perhaps it could be...

- Adding more fruits and vegetables in place of packaged snacks (chips, fruit snacks, cheese puffs).
- Reducing sugary beverages and added sugar.
- Eating together more as a family.

Once you decide what habits you want to work on, make your healthy eating goals as specific as possible. For example:

- Ensure my child is offered fruit at least twice per day and vegetables at lunch and dinner.
- Reduce my child's added sugar intake to no more than 25 grams per day.
- Eat together as a family at least 5 meals per week.

Once you have set some healthy eating goals, be sure to discuss them with your family and other caregivers that feed your child, to get everyone on the same page.

TABLE TALK



Conversation Starters

This is a great time to facilitate questions around food. Becoming familiar with different foods can lead to more adventurous eaters. Guide the conversation simply from the meal that was made for dinner.

Questions can include...

"What colors do we see on our plate?"
then ask *"Can you name other foods that are that color?"*

"Which food on our plate is protein?"
then ask *"Can you name other foods that are a protein?"*

"We have a new food on our plate tonight." then ask *"Can you try a taste and tell me if it is sweet or salty?"*

IN THE KITCHEN HOME MADE HOT CHOCOLATE

Ingredients

- 4 cups skim milk
- 2 Tablespoons unsweetened cocoa powder
- 2 Tablespoons sugar
- ½ teaspoon cornstarch
- ¼ teaspoon salt
- 1 teaspoon pure vanilla extract
- 4 Tablespoons semi-sweet chocolate chips

Directions

1. In a sauce pan, whisk cornstarch into ½ cup of the milk. Once distributed, add the rest (3 ½ cups) of the milk.
2. Turn the burner to low-medium heat.
3. Add the remaining ingredients except for the chocolate chips. Continue to whisk so the milk doesn't burn on the bottom of the pan, while the mixture heats and comes to a slow simmer.
4. Add the chocolate chips and whisk until they are melted.
5. Remove from heat and serve immediately.

Tip: to keep this hot chocolate on hand for frosty winter days, double or triple the recipe and add the dry ingredients to a blender. Store in a container in the fridge until ready to add a tablespoon or two to warmed milked and whisk.

Why we like this recipe: the leading popular brand of hot chocolate can have up to 24 grams of sugar or more in a single packet. This recipe tops out at 15 grams and uses simple ingredients compared to 10+ ingredients in a store-bought packet. And it's probably more affordable! Remember, hot chocolate is a dessert, it' should not be combined with other sweets.

Marion County Public Health Department
NUTRITION SERVICES

