

HEALTHIER WY - YEAR 2

www.healthierWY.org



Healthy Dinner Club

IMPROVE NUTRITIONAL VALUE OF MEALS

health matters

EDUCATE ENGAGE EMPOWER

CREATING A CULTURE OF WELLNESS



Reasons to enjoy healthy dinners at home:

- Children can learn new skills, build good values, and establish family traditions.
- Children generally do better in school and have fewer behavior problems.
- Children and adults get the nutrients they need.
- Families save time, money and hassle.
- Everyone treasures mealtime memories.

Plan a weekly menu: Make it simple or make it detailed. The key is to have a plan for shopping and cooking. Involve the whole family.

Cook once, eat twice: Cut preparation time by cooking and freezing large batches of key ingredients, such as ground beef for tacos and spaghetti sauce.

Keep the cupboard stocked: Pack the pantry and freezer with staples like canned beans, tuna, fruit, pasta, rice, baking mixes, and frozen vegetables.

Use the sandwich advantage: Nothing is quicker than a healthy sandwich, pita pocket, or tortilla wrap.

Program Guidelines - August 2010

- Enjoy a healthy dinner with correct portion sizes each evening during August
- Eat any variety of whole grains, fruits, vegetables, lean meat, **or** low-fat dairy products

Register today at: <http://www.healthierWY.org/dinner>