



## Tips to Make Family Mealtimes Fun:

### Sit down together

Have a meal with all members who are home. It is a great way to stay connected!

### Remove distractions

Turn off the TV, put away phones and tablets, so you focus on each other.

### Talk to each other

Focus the conversation on what family members did during the day. Have each member share a highlight, lowlight or funny from their day.

### Let kids make choices

Set a healthy table. Let everyone, including the kids, make choices about what to eat and how much.



Photo: Eau Claire County FoodWise, permission granted from parent

### Let everyone help

Kids learn by doing. Kids can help set the table, fix simple foods with adults and take their plate to the sink when they're done eating.

Adapted from "Making Family Mealtimes Fun," [choosemyplate.gov/families](http://choosemyplate.gov/families)

## Recipe: Chicken & Broccoli Alfredo

### 5-8 Servings

#### Ingredients

- 8 ounces fettuccine (or spaghetti noodles)
- 2 cups fresh or frozen broccoli
- 1 tablespoon oil
- 1 pound skinless, boneless chicken, cut into 1" cubes
- 1 small onion
- 1 cup shredded or chopped carrots
- 1 (10½ ounce) can condensed cream of mushroom soup or Alfredo Sauce
- ½ cup grated Parmesan cheese
- ¼ teaspoon black pepper

#### Directions

- Cook noodles according to package directions. Drain and set aside.
- Cook fresh or frozen broccoli until crisp-tender in microwave.
- In a medium fry pan, brown chicken and onion in oil until fully cooked.
- Add carrots to pan. Cook until crisp-tender.
- Add broccoli, soup, cheese & black pepper.
- Serve sauce over cooked noodles with fruit and a glass of skim milk.

Eat Alfredo leftovers within 3-4 days.

More recipes at USDA ["What's Cooking"](#).