

HyVee.

# healthybites

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## Making Meals, Making Memories

In our world today, with fast-paced lives, busy work schedules and extracurricular activities, drive-through meals and takeout food have become the norm. But what impact does this have on our kids, our families and ourselves? As the trend moves toward simplicity and convenience, let's not overlook that preparing and eating meals together stimulates communication, creates memories and establishes healthy eating behaviors that have long-lasting impact.

When schedules are busy, and time is at a premium, there is still hope for the family meal. Here are a few tips to make family meals a success.

- Pick one or two days a week for everyone to commit to. You can add extra family meals into the week later on.
- Pick a recipe and side dishes that the family can agree on. Choose foods from all food groups, and foods that vary in color, taste and texture, to increase nutritional benefit. Choose a recipe that also allows for convenience.
- Plan for conversation starters. For example, have everyone go around the table and say one thing they are grateful for, or share an interesting story from their day.
- Keep everyone in touch by turning the television off, and having a "no phones at the dinner table" policy.

### MINUTE MEALS FOR YOUR KITCHEN

Many barriers can get in the way of cooking a family meal at home such as lack of time, lack of resources and lack of knowledge. But you don't have to be a whiz in the kitchen to make simple meals that are quick and healthier options. Two simple steps to get you started are planning ahead and preparing ingredients ahead of time!

1. Planning Ahead: Take out time to plan your meals for the week ahead.

Take the Hy-Vee Family Meals Challenge - Take a picture of your family enjoying a family meal together and post to your social media using #HyVeeFamilyMeals. Hy-Vee will donate \$1 per post to Meals for the Heartland for other families in need.

Look at what evenings your family will all be at home to enjoy meals together. Check your pantry to see what ingredients you already have and then make a list of the remaining items that you need.

2. Ingredient Preparation: Prep as much as you can beforehand. Cut and cook meat with your favorite seasonings to have on hand for on top of salads or pop into the freezer and pull out for a meal later in the week. The same can be done to your fruits and vegetables; when you get home from the store, wash them before you put them in the fridge or pantry. Need a quick side? Simply throw a bag of frozen vegetables in the microwave and you have a side in minutes.

### HY-VEE + BUSY FAMILIES = GREAT MEMORIES

September is National Family Meals Month and Hy-Vee is here to help make your family's lives easier, healthier and happier. When planning your next family meal be sure to utilize all the services Hy-Vee has to offer!

- Ask your Hy-Vee dietitian or chef for quick 15-minute meal recipes with 5 ingredients or less. You can also check out Hy-Vee's website to get new recipes and meals.
- Hy-Vee Aisles Online makes it easy to do your grocery shopping at home, your office or even the baseball field. You can choose home delivery or pick it up at the store while you are out running other errands!
- Hy-Vee Short Cut fruits and vegetables are pre-cut, pre-package and come in many assortments. They can be used in a variety of dishes, making family meals easier.
- Gather a group of friends to prepare a variety of easy and delicious meals to keep in your freezer with Hy-Vee's D.I.S.H. program! It is perfect for eating more meals at home!

## PRODUCT SPOTLIGHT



### CAULIFLOWER CRUMBLES

- Looking for a new spin on a classic family dish? Try steaming and pureeing cauliflower crumbs to create cauliflower mashed potatoes!
- Cauliflower is an excellent source of vitamin B-complex, vitamin C, iron and calcium!



### COTTON CANDY GRAPES

- Cotton Candy Grapes have similar nutrient content as traditional with only 50 calories per 1/2 cup serving.
- Add this sweet variety of grapes to any salad, wrap or yogurt to help add a fruit serving to any family meal that everyone will love!



### SEEDS OF CHANGE WHOLE GRAINS MIX

- With just 90 seconds in the microwave, this whole-grain mix of quinoa, rye and brown rice is a convenient way to get a healthy meal on the table for your family.
- The brand Seeds of Change also donates a portion of its proceeds to the development of community-based gardens.



### DIETITIAN PICK OF THE MONTH

## Lipton Unsweetened Iced Tea

### 5 REASONS TO CHOOSE LIPTON UNSWEETENED ICED TEA

- 1 Perfect to include in family meals for National Family Meals Month.
- 2 Hydrating - Lipton unsweetened tea is 99.5% water, making it a great thirst-quencher.
- 3 Versatile - Try flavoring your tea with grapefruit, orange, lime or spices like cinnamon or ginger.
- 4 Low-Calorie Swap - Choose unsweetened tea over other sugar-sweetened beverages and save an average 200 to 300 calories per 20 ounces.
- 5 You can cook with tea too! Ask your Hy-Vee dietitian or visit [hy-vee.com](http://hy-vee.com) for the Lemon Peppered Iced Tea Chicken recipe for dinner tonight.

### DIETITIAN RECIPE OF THE MONTH

## Citrus Tea Punch

 Serves 7

### ALL YOU NEED

1 cup water  
1 Lipton® iced tea family size tea bag  
1 1/2 tbsp honey  
2 cups orange juice  
2 cups seltzer, chilled  
1/2 cup lemon juice  
1 medium orange, sliced  
1 lemon, sliced  
1 lime, sliced  
Ice cubes for serving  
Mint leaves, for garnish

### ALL YOU DO

1. Pour boiling water over tea bag; cover and brew 5 minutes. Remove tea bag and squeeze bag. Stir in honey; refrigerate.
2. Combine tea, orange juice, seltzer and lemon juice in large pitcher; stir in orange, lemon and lime slices. Serve over ice. Garnish, if desired, with mint. between and over chicken. Cover with aluminum foil.

Nutrition Facts per serving: 60 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 17g carbohydrates, 1g fiber, 12g sugar, 1g protein.

Daily values: 4% vitamin A, 100% vitamin C, 2% calcium, 2% iron.

Source: <http://www.liptontea.com/recipes/detail/34465/1/citrus-tea-punch>

### COOKING WITH TEA

Have you ever tried cooking with tea? Tea offers a way to add guilt-free flavor to both savory and sweet dishes and is full of antioxidants! In any recipe, you can replace water with tea or use powdered tea as a garnish, spice or rub. In addition, you can smoke meats or meat substitutes with tea leaves or even marinate meats with brewed tea. You can also add a tea leaf to the boiling water when steaming foods, such as fish, rice, or vegetables.