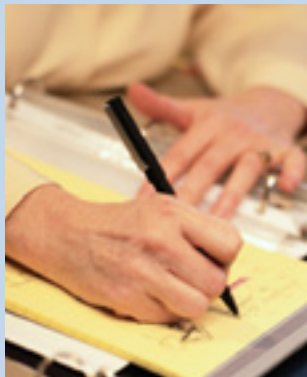


# EATING SMART AT HOME



## Plan, Shop, Fix, and Eat



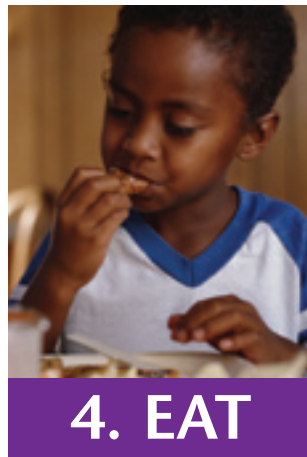
### 1. PLAN

Plan meals for your family for a week, two weeks or longer—whatever works for you.



### 2. SHOP

Make a list of all the food you will need for your meals. Shop for a week at a time and stick to your list.



### 4. EAT

Stick to your plan for your meals. Make simple healthy meals for your family.



### 3. FIX

Eat together as a family without the TV.

## EATING AT HOME = EATING HEALTHY



# BEEFY SKILLET DINNER

Makes 5 servings

Serving Size: 1 cup

## Ingredients

- 1 pound lean or extra lean ground beef
- 1 envelope beef-flavored onion soup mix
- 1 1/2 cups water
- 1/4 cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (8-ounce) can corn, drained
- 3/4 cup uncooked elbow macaroni
- 1/2 cup low-fat cheddar cheese, shredded
- salt and pepper to taste



## Directions

1. Brown ground beef in a large skillet. Drain. Return meat to skillet.
2. Stir in the soup mix, water, onions, tomato sauce, corn, and macaroni.
3. Bring mixture to a boil. Cover and simmer for 10 minutes. Add salt and pepper to taste.
4. Remove cover and simmer until macaroni is tender; stir occasionally.
5. Top with cheese.

## Nutrition information Per Serving

240 calories		Total Carbohydrate	26 g
Total Fat	6 g	Dietary Fiber	2 g
Saturated Fat	2 g	Sodium	640 mg
Protein	24 g		



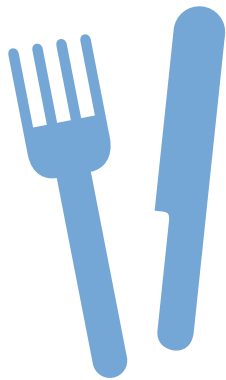
Excellent Source of Vitamin C



Good Source of Iron



Good Source of Vitamin A



## Eat Smart

# MAKE UP A STORY AND ACT IT OUT

Allow each family member to make up a story. As they tell the story everyone acts it out. You can pretend you are going to the beach, hiking up a mountain or anything else you can dream up!



## Move More