

FAMILY MEALS MOVEMENT

The Talawanda School District and
The Coalition Would like to support
the Family Meals Movement.

The Family Meals Movement is an important
topic to address. The movement emphasizes
eating meals together to foster family
connection, communication, and healthy
eating habits.

For more information,
FamilyMealsMovement.org



FAMILY MEALS MOVEMENT

Source for the Movement
[Family Meals Movement.org](https://FamilyMealsMovement.org)

Families can tag us with
#FamilyMealsRox with pictures of
recipes they've made, completed weekly
challenges, and shared meal conversation
topics!



FAMILY MEALS MOVEMENT

FAMILY MEAL CONVERSATION TOPICS

If you were a superhero, what powers would you have?

If you could create a new holiday what would it be?

What is your favorite childhood memory?

If you could teach as class a school what subject would it be?



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For a Healthy Community, Oxford Area

FAMILY MEALS MOVEMENT

DID YOU KNOW?

Having meals together as a family strengthens family relationships.



NIH Study Systemic Review of effects on family meal frequency.



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DID YOU KNOW?

Children that eat at least three meals a week with their families have a healthier diet.



NIH Study Systemic Review of effects on family meal frequency.



FAMILY MEALS MOVEMENT

ROX'S WEEKLY CHALLENGE

Limit devices at your next family meal by having an indoor or outdoor picnic!

NIH Study Systemic Review of effects
on family meal frequency.



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ROX'S WEEKLY CHALLENGE

Have a dress-up theme for
your next Family Meal!



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RECIPES ROX

Pepperoni Pizza Poppers

Ingredients

1- 13-16oz fresh dough \$2.50
1 Jar Pizza Sauce \$1.50
Pepperoni \$2.40
8oz Mozz Cheese \$2.40
Toppings of your Choice

Total estimated Cost: \$8.80

Cost Per serving \$1.10

Serving Size
8

Directions

Preheat Oven to 400F
Oil cupcake pan
Portion dough out into individual sections in the pan
Spoon Pizza sauce inside the dough
Add in Pepperoni and other toppings
Top with Cheese
Bake for 10-14 mins or until done
Enjoy!



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RECIPES ROX

Zucchini Pizza Poppers

Ingredients

1- 13-16oz fresh dough \$2.50
1 Jar Pizza Sauce \$1.50
1 small Zucchini ¢.80
8oz Mozz Cheese \$2.40
Toppings of your Choice

Total estimated Cost: \$7.20
Cost Per serving ¢.90

Serving Size
8

Directions

Preheat Oven to 400F
Oil cupcake pan
Portion dough out into individual sections in the pan
Spoon Pizza sauce inside the dough
Clean Zucchini and slice thinly and cut into fours for smaller pieces
Bake for 10-14 mins or until done
Enjoy!



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RECIPES ROX

Spaghetti with Meat Sauce

Ingredients

1 pound ground beef \$6.49
12 oz Pasta of choice \$1.33
24 oz Kroger brand Chunky Veggie
Pasta Sauce \$1.99

Total estimated Cost: \$9.81

Cost Per serving \$1.22

Serving Size
8

Directions

In a large pot, bring water to a boil
In a medium skillet, cook ground beef
Once water is at a boil, add pasta of
choice
Drain pasta and return to the large pot,
in the large pot, add in cooked ground
beef and pasta sauce
Heat the mixture on low for 5-10
minutes

*Can add cheese or spices of choice



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ELIMINATE STRESSORS

BY:

Have personal breaks throughout the day.

Speak with friends and family.

Do something that you enjoy.

Know that it is ok to ask for help! You aren't alone.

just
BREATHE



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Self Care Jar

