

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, Family Meals Movement.org





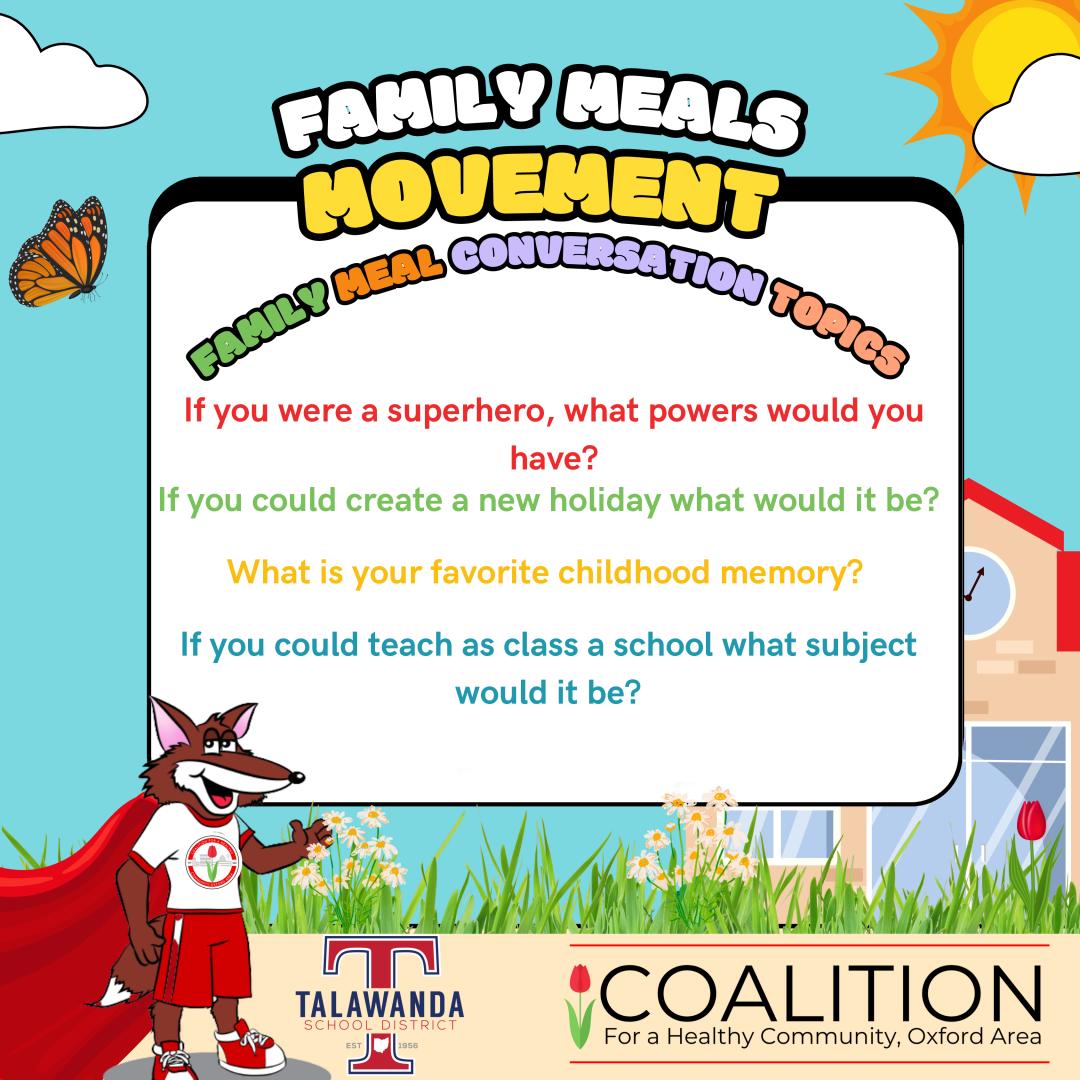


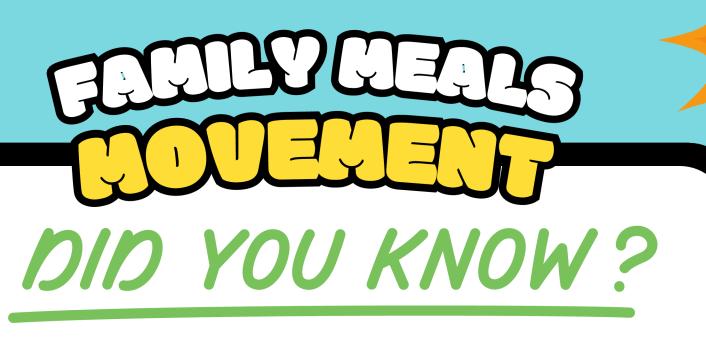
Source for the Movement Family Meals Movement.org

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









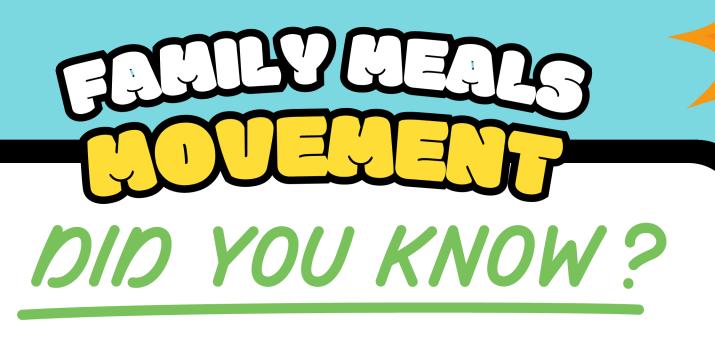
Having meals together as a family strengths family relationships.



NIH Study Systemic Review of effects on family meal frequency







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

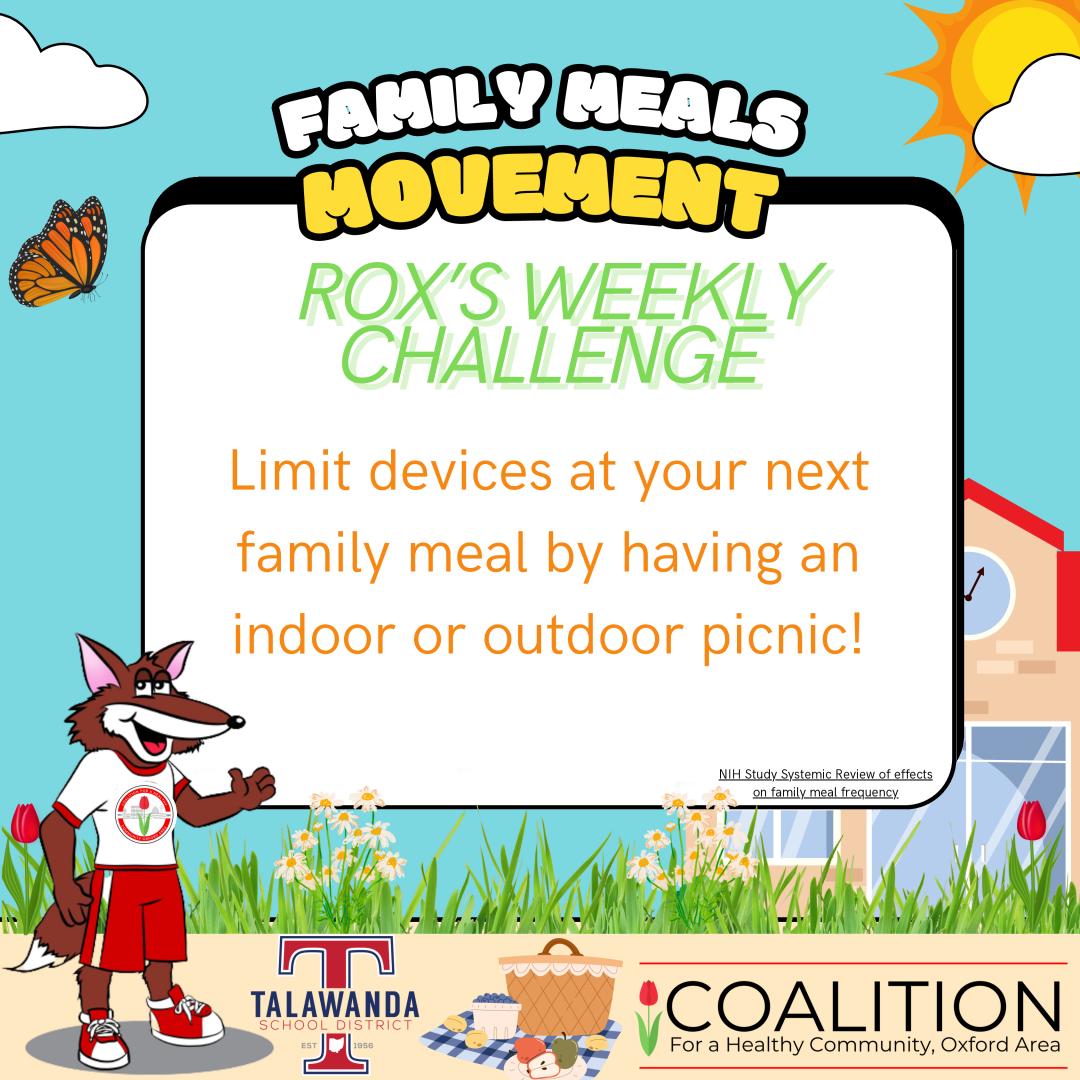


NIH Study Systemic Review of effects on family meal frequency



COALITION

For a Healthy Community, Oxford Area







RECIPES ROX

Peppereni Pizza Peppers

Ingredients

Serving Size 8

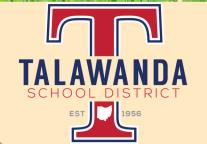
Directions

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

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!





COUELETT COUELETT

RECIPES ROX Zucchini Pizza Poppers

Ingredients

Serving Size 8

Directions

1- 13-16oz fresh dough \$2.501 Jar Pizza Sauce \$1.501 small Zucchini ¢.808oz Mozz Cheese \$2.40Toppings of your Choice

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





GUILLE COURT OF THE PARTY OF TH

RECIPES ROX

Spaghetti with Meat Sauce

Ingredients

Serving Size 8

Directions

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
7 Cost Per serving \$1.22

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







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.





