

November Family Tip Sheet

Time out for a Tip

Help children learn to make healthy choices on their own. It's a lesson they will use for life.

- Have healthy foods ready to eat.
- Let kids learn by serving themselves. Teach them to take small amounts at first. Use smaller bowls and plates, so they don't take too much.
- Be patient. It works better than pressure.
 - Kids don't always take to new foods right away. Offer them many times, and try serving them in different ways.
- Let kids help in the kitchen.
 - Have some fun and have them name their dish ("Carla's Salad").
- Use encouraging words.
 - Gently guide your kids to make healthy choices with positive words.



Challenge

Invite your child to help prepare a recipe.

Joke

Q. What role do green beans play in Thanksgiving dinner?
A. The Casse-role

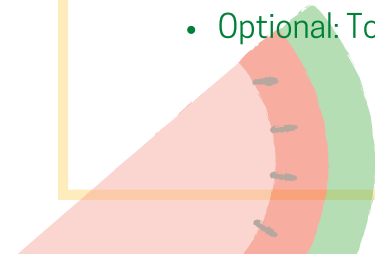
Recipe of the Month

Garlic Mashed Cauliflower

Ingredients:

- 1 large head of cauliflower, cut into florets
- 3 tablespoons of unsalted butter
- 3 tablespoons of plain Greek yogurt
- 6 cloves of garlic, divided
- 1/4 cup parmesan cheese
- Salt and black pepper to taste
- Optional: Top with chives

Instructions:

- Steam cauliflower. Remove and drain. Cover with a lid and set aside.
 - In the same pot, heat the butter over medium/high heat. Sauté garlic until fragrant (about 1 minute).
 - Blend cauliflower and garlic in blender on high setting until smooth.
 - Transfer blended cauliflower into pot with garlic. Stir in the parmesan cheese, yogurt and season with salt and pepper.
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