



Food Matters



Family Newsletter

CHANGING TIMES— LASTING TRADITIONS

With Chef Combo's help, your child discussed special foods that go with each season of the year.

While seasons change, traditions last. With each passing season, your child is building food memories that will reflect *your* family traditions. For some families, food traditions feature ethnic foods served over generations. For others, tradition is as simple as popcorn on Friday nights. No matter what the food, the key ingredient in all family traditions is love.

FEATURED RECIPE

Reach for hot cocoa next time you and your family need a break.

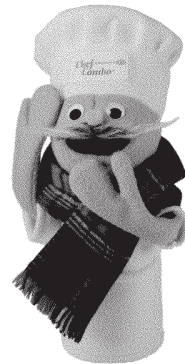
Warm Tummy Cocoa

4 tablespoons unsweetened cocoa
6 tablespoons sugar
3 ½ cups of milk

Mix the cocoa and sugar in a saucepan. Add ½ cup milk. Whisk over medium heat until smooth. Add remaining milk. Heat until hot, whisking occasionally.

Hectic Parent Alert:

Heat chocolate milk in the microwave for instant hot cocoa.



ASK CHEF COMBO

Question:

I know meals are supposed to be fun. However, our meals are more like battle time than family time. How can I make meals a stay-and-share time in this grab-and-go world?

Answer:

Leisurely eating is the ideal, Sharing and chatting at every meal. If your house is mainly grab-and-go, Planning ahead is important you know.

At least twice a week, gather the family around the table, Ask questions, share stories, and turn off the cable.

If kids act up, save discipline for later, Be a conversation leader, not policeman or waiter.

Candles, napkins, and music are a nice touch,

They make meals special and don't cost much.

It may take time to

slow down the pace,

But meals will be nicer when you're not in a race.

NIFTY NUTRITION NUGGETS: HOW TO START YOUR FAMILY FOOD TRADITIONS

- Share with your child a favorite food you enjoyed while growing up. Tell stories about eating or preparing favorite foods with your family.
- Honor each family member by serving his or her special meal at least once each month.
- Pass the saucepan. Teach each family member to prepare one food that they enjoy. Ask them to "cook" for the family on special nights.
- Celebrate your ethnic background. Learn to prepare foods that represent your heritage. Ask parents, grandparents, and other relatives to share special memories along with special recipes.
- Serve food with love. Food traditions can be inexpensive and convenient. Savor the moments you spend together eating any food.



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