

# HEALTH TIPS

*from Rosie Roo*



Hi Friend!

Gobble, gobble! Thanksgiving is just around the corner.

***Are you planning on getting together with family or friends to share a meal this month? Did you know that family dinners are usually healthier than regular meals?*** It's true! Shared, family-style meals are more likely to be balanced and nutritious. Healthier meals also keep you

feeling full so you are less likely to snack on unhealthy foods later.

This Thanksgiving, maybe you could try helping to [create a fun, healthy meal to share](#).

### Here's how:

**Save the Date** – *When is the best day to have your family dinner? When can everyone come together?* Take a look at a calendar and make a note on the date you decide. Then sit down and create a list of the kinds of foods you want to make. Try and find healthy recipes for your favorite foods. Get creative! Volunteer to help do the grocery shopping so you can pick out the ingredients together.

**Helping Hands** – After you have all your ingredients, now you get to use your hands! Helping in the kitchen can be a lot of fun and it's a great way to spend time with your family or friends. You get to see how your favorite foods are made, and you might get to be the official recipe taster. Yum!

**Meal Time** – It's time to eat! You finally get a chance to sit down and enjoy your meal. Spend time talking with your family or friends about your day, pass your food around the table, and don't forget to use your manners during the meal. Try spending this time without cell phones, tablets, or TV in the background. Enjoy the good company instead!

Family-style meals aren't just for the holidays. Make them a regular thing and be healthy together!



### **ASK (About Special Kids)**

*MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746. Find out more at [aboutspeakalkids.org](http://aboutspeakalkids.org).*



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