

Activity: Quick, Healthy and Kid-friendly Dinners

Facilitator's Guide



Target Audience:

- Parents of babies, toddlers, or preschoolers

Preparation

Materials Needed:

- "What's for dinner?" cards. These cards are located at the end of the facilitator's guide. Print one copy single sided and cut them out. You can laminate them for future use.
- Optional: Pamphlets or website of local community food resources (e.g. Community Kitchens). You need to source these for your community.
- Optional: Simple family-friendly cookbooks to show participants and index cards

Handouts:

- Bookmark of recipe websites titled "Looking for new recipes and meal ideas?" The bookmarks are located at the end of the facilitator's guide. Print them and cut them to give to participants.

Background information for facilitator:

In preparation to lead this module, review Eating Well with Canada's Food Guide:

www.healthcanada.gc.ca/foodguide. Click on the "Using the Food Guide" page and explore the "Planning Meals" and "Fast and Easy Meals" sections. All four food groups should be offered as part of the supper meal. Time saving tips from Dietitians of Canada can be found at: <http://www.dietitians.ca>. Look under *Your Health* and click on *Plan, Shop Cook*.

When planning meals, Ellyn Satter (a child feeding specialist) gives this advice: "Be considerate of other family members, but don't cater to them. Don't try to please every eater with every food at every meal. Settle for providing each eater with one or two foods they generally enjoy at each meal. Have pleasant meals, and teach your child to behave well at mealtime. When your child feels good and behaves well around food, sooner or later he will learn to eat almost everything you eat". For more information visit <http://ellynsatterinstitute.org/htf/family-friendlyfeedingtips.php>

Introduction

Tell the group (in your own words)

It can be a challenge to get quick and healthy suppers on the table. Some days, you may need to use convenience foods just to get the job done! That's okay – eating together is the first and most important step. With a little advance planning and a bit of cooking know how you can get a quick, healthy and kid-friendly meal on the table for the family. Using a crock pot and planning for leftovers are two great ways to save time in the kitchen. In the next activity we get to share some of our best strategies with each other.

ACTIVITY A: What's for dinner?

Each parent takes a turn drawing a "What's for dinner?" card and reads it out loud. The parent can provide an answer or open it up to the group for discussion. Possible answers are listed in this facilitators guide; let parents offer their ideas before sharing these.

Card 1: What is your family's favourite crock-pot recipe?

Possibilities: chili, soup, lazy cabbage rolls, stew, curry

Card 2: What is a fast meal that you can prepare with leftover roast chicken or beef?

Possibilities: quesadillas, soup, casseroles (e.g. chicken and broccoli bake or beef stroganoff), chicken salad sandwiches/wraps

Card 3: What is a meal that you can use leftover vegetables in?

Possibilities: soup, casserole, omelet, stir fry

Card 4: Does your family have a favourite kid approved spicy meal?

Possibilities: chili, curry dish, tacos, Jamaican jerk chicken, anise chicken (tastes like licorice!)

Card 5: Does your family have a favourite vegetarian meal?

Possibilities: chickpea curry, lentil soup, vegetarian chili, veggie burgers, bean and rice burritos, quiche, sweet and sour tofu

Card 6: What are some kid friendly meals that include fish?

Possibilities: homemade fish sticks, salmon patties, fish tacos, tuna melts, fish chowder

Card 7: Frozen vegetables – How do you use them as a time saver?

Possibilities: Add peas and carrots to soups, serve frozen peas, cooked on the side, in casseroles, frozen spinach in lasagna and tomato sauce, in quick skillet meals or stir fries (i.e. Asian veggie mix, frozen broccoli), mixed veggies in chili etc...

Card 8: What is your quickest “go to” meal for busy nights?

Possibilities: Omelets with toast and raw veggies, quesadillas with black beans and peppers, cooked chicken with couscous and prepared raw veggies, tuna or salmon melts with veggies and dip, French toast with berries or applesauce

Card 9: What are some meal preparation tips to get dinner on the table quickly?

Possibilities: Prepare double the day before and use leftovers, use a crockpot, use a cooked chicken, do prep like cutting veggies before work, make large quantities of soups and casseroles and freeze for use on busy nights. Prep a bunch of raw veggies in advance that can be used over the week.

Card 10: Where do you find quick, healthy and kid-friendly recipes?

Possibilities: See bookmark, “Looking for recipes and meal ideas”

ACTIVITY B: Community Food Resources Discussion

Let parents know about the community food programs and resources in your community. Have information available for programs such as:

- Community kitchens, community gardens
- Food Skills for Families (you can inquire at this link (<http://www.foodskillsforfamilies.ca/>) to see if there is a program in your area
- Cooking courses at the recreation center or college
- Good food box programs (e.g. www.goodfoodbox.net)
- Emergency food sources (if relevant to the group)

If there is time, you can invite parents to copy some recipes from the cookbooks on to the recipe index cards provided.

Looking for new recipes and meal ideas?

www.bettertogetherbc.ca

www.heartandstroke.com
(type "kid-friendly meals"
search in the search bar)

www.healthyfamiliesbc.ca
(look under "Food and
Nutrition" and choose
"Menu Planning")

[www.eatrightontario.ca/en/
Recipes.aspx](http://www.eatrightontario.ca/en/Recipes.aspx)

"Let's Talk" Cards (fun
conversation starters)
[www.bettertogetherbc
.ca/learn/resources](http://www.bettertogetherbc.ca/learn/resources)



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What's for dinner?
Card 1

**What is your family's
favourite crock-pot recipe?**

What's for dinner?
Card 2

**What quick and easy meals
can be prepared with
leftover roast chicken or
beef?**

What's for dinner?
Card 3

**What can you make using
leftover vegetables?**

What's for dinner?
Card 4

**Does your family have a
favourite spicy meal?**

What's for dinner?
Card 5

Does your family have a favourite vegetarian meal?

What's for dinner?
Card 6

What are some kid-friendly meals that include fish?

What's for dinner?
Card 7

Frozen vegetables – How do you use them as a time saver?

What's for dinner?
Card 8

What is your quickest “go to” meal for busy nights?

What's for dinner?
Card 9

**What are some meal
preparation tips to get
dinner on the table quickly?**

What's for dinner?
Card 10

**Where do you find quick,
healthy and kid friendly
recipes?**

What's for dinner?
Card 11

Write your own question....

What's for dinner?
Card 12

Write your own question...

