

September  
2023

# EAT BETTER FOR LESS

EatGatherGo.org

## Let this Family Meals Month be the Start of Something Great

September is National Family Meals Month. What better time to start eating together with your family or friends at least once a day? Benefits include lower rates of depression and anxiety, substance abuse, eating disorders, and early teenage pregnancy, better grades, and higher rates of resilience and higher self-esteem.

Family meals also tend to be more nutritious, featuring less fat, sugar, and salt, and more fruits, vegetables, and protein.

Here are some ideas to help make mealtime family time!

### Cook together.

Your child may be able to:

- Rinse fruits and vegetables.
- Add ingredients.
- Help set the table.
- Clear and wipe the table.
- Select the fruit or vegetables served.



### Eat together. Make family meals enjoyable.

- Focus on the meal and each other.
- Turn off the television.
- Take phone calls or texts later.
- Make meals a stress-free time.
- Encourage kids to try new foods but do not make it required.
- Share or create new family traditions at mealtime.



### Crunchy Chicken Nuggets

#### Ingredients

- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 1/2 cup barbeque sauce
- 3 cups cereal flakes

#### Directions

1. Preheat oven to 375 degrees.
2. Mix chicken and barbeque sauce in a large bowl.
3. Pour cereal flakes into a large plastic bag and crush into small pieces.
4. Place chicken pieces in the bag, reseal, and toss to coat.
5. Lightly coat a baking sheet with cooking spray. Arrange coated chicken pieces on the baking sheet.
6. Bake until crispy and golden brown and chicken is no longer pink inside, about 20 to 25 minutes.

Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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Resources: [thefamilydinnerproject.org](http://thefamilydinnerproject.org); [www.eatgathergo.org/recipe/crunchy-chicken-nuggets/](http://www.eatgathergo.org/recipe/crunchy-chicken-nuggets/)

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