

# All in the Family

Family meals are important. Adults who have regular meals eat better, are healthier and less likely to overeat. Children who have meals with family not only eat better and are healthier; they learn to socialize and do better in school. With hectic lives and schedules, families tend to eat on the run rather than have family meals together.

*Is it a challenge to plan family meals? **Start with breakfast.**  
With some prep the night before and each family member helping, you can all start your day together!*

## A Little More time:

### EGG PIZZA

Serves 4 and takes 15-20 minutes

#### Ingredients

4 English muffins  
vegetable oil  
tomato slices  
2 hard-cooked eggs, sliced  
grated cheese  
oregano  
salt



#### Directions

- Toast 8 English-muffin halves and place on a cookie sheet.
- Drizzle each with vegetable oil.
- Layer on tomato slices, egg slices (1/2 egg each), and a little grated cheese.
- Sprinkle with oregano
- Salt and pepper to taste.
- Broil 5 minutes or until the cheese melts.

## Short on Time:

### BREAKFAST PARFAIT

Serves 1

#### Ingredients

1/4 cup granola  
1/2 cup plain yogurt  
1 tablespoon maple syrup

#### Directions

- Place the granola in the bottom of a parfait glass or dish. Spoon the yogurt on top.
- Drizzle with syrup.



Here are more reasons to have family meals:

- Meals give a time and place to keep up with what is going on with everyone, help each other out, and tell family stories
- Meals help children learn to like a variety of food
- Meals keep food in its place as only one of life's great pleasures. You pay attention and enjoy it when it is time to eat, forget about it between times.

## Everybody Does Better with Family Meals



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