

Eternity's Forever, but Dinner's Tonight!

Resources for promoting family mealtime and recipe ideas and healthy eating

Websites

Family Fun has recipe and activity ideas at <http://familyfun.go.com>. Click on "Tools" then click on "Recipe Finder."

Recipe ideas for mealtime solutions at <http://www.kraftfoods.com>

Quick family dinner ideas at: <http://www.beefitswhatsfordinner.com>. You can sign up for an electronic newsletter "Beef Dinner Bell Newsletter" published every two weeks at <http://www.beefitswhatsfordinner.com/newsletter/default.asp>

University studies supporting the value of family meals are available on "NuNews" a nutrition newsletter available from the Schwan Food Company at <http://www.menusolutions.com/NuNews/5/parent.asp>. Click on "University studies support the value of family meals."

Dietary Guidelines for Americans 2005

<http://www.healthierus.gov/dietaryguidelines/>

New Pyramid

<http://www.mypyramid.gov/>

Books

American Dietetic Association Complete Food and Nutrition Guide, 2nd edition. Roberta Larson Duyff

Secrets of Feeding a Healthy Family. Ellyn Satter

Child of Mine: Feeding with Love and Good Sense. Ellyn Satter

How to Get Your Kid to Eat...But Not Too Much. Ellyn Satter

Magazine

"Moms' Cooking Club" *Better Homes & Gardens*, March 2005