

## Quotes to support Building a Network of Support Through Family Mealtimes

“Work with your family to have at least one meal together with everyone each day. If that’s impossible, try for a few times each week. You’ll find that mealtime is an excellent time for family members to chat and catch up on what’s going on in each other’s lives. (3 Simple Ways to Become A Happier Family, The Church of Jesus Christ of Latter Day Saints)

“Although it may take extra planning with juggling school activities, work schedules and social activities, Mealtime is definitely worth saving. Mealtimes play an important role in the social as well as nutritional well-being of families. Regular mealtimes bring consistency and stability to family members. (Mary Mathews, pg. 30 from the Remedies for the “I Don’t Cook” Syndrome by Janet Peterson, 2001, Eagle Gate)

“At our house, when the boys were growing up, we were both working from early in the morning until at least eight o’clock in the evening. The kids were all involved in sports, in school plays and clubs, in scouting, in fund-raisers, and all the other activities that kids want to participate in. Yet it was a rare night that we didn’t all five sit down for a family dinner of real food, usually cooked at home. It may have been late—often, as is the European fashion, dinner didn’t begin until 9 PM—but at no other point in the day could we really visit with each other. Dinnertime was family time, when we could each share the victories and frustrations of our day and tell stories and jokes.” (Michael R. Eades and Mary Dan Eades, pg. 54 from the Remedies for the “I Don’t Cook” Syndrome by Janet Peterson, 2001, Eagle Gate.)

“Fashions and food change along with the faces. Mother’s pot roast morphs into my lighter, healthier tenderloin, her Souther fried chicken into my low-fat boneless chicken breasts. But other thing don’t change with the generations. For instance, like my mother and grandmother, I still come to the table to connect with the people I love.”

“It is possible to reconcile today’s hectic pace with our need to celebrate and connect with our families. What most of need is a starting point...Let go of unrealistic expectations and impossible standards, and the side dish of guilt that goes with them. Times have changes; things are different. About the only things that haven’t changed are our need to celebrate and to spend time with our families. And while it may no longer be realistic to expect the whole clan to march into the kitchen at five-thirty sharp every night, that isn’t to say we can’t get it together three nights a week, or even one. Don’t view this tradition as a chore, but rather a celebration.” (Doris Christopher, pg 123 and pg. 163 from the Remedies for the “I Don’t Cook” Syndrome by Janet Peterson, 2001 Eagle Gate.

“Whether we’re single, married, with or without children, we all have to eat dinner. The evening meal should be the highlight of the day. If the day has been peaceful, pleasurable, and profitable, it’s time to celebrate. If the day has been difficult and discouraging, it’s time for comfort and consolation-blessings by themselves and reason to celebrate. (Sarah Ban Breathnach, pg 172 from the Remedies for the “I Don’t Cook” Syndrome by Janet Peterson, 2001, Eagle Gate)

## **Tips to Make Mealtimes Happen**

Make mealtimes worth it! Food doesn't have to be fancy, expensive or complicated. Simple, good food served on real plates will make your family want to come to the table.

Mealtimes are not a time for criticism or discipline. This is a time to listen and support each other.

Help your children or spouse plan and cook some meals. Preparation time and clean up time can be made to be fun, and the conversations had then can be easy.

Discuss family plans and events at mealtime.

Share favorite stories or experiences about your day at mealtime.

If you can't get together for dinner, get together for breakfast instead. Brunch or lunch is great for the weekend.

Put each child in your family in charge of the dinner conversation topic each night of the week, giving that child a chance to shine.

Start your own family traditions around the dinner table. These can be in connection with the holidays, Sunday dinners, or birthday dinners.

Highlight a special day or event in your family's lives by letting them eat off the "Red Plate."

Have a "conversation jar"—interesting topics on strips of paper that family members can pull out to get conversations going.

If the family's schedule is erratic, schedule dinner for each night. One night it may be at 6, another night at 7:30. Try to make one mealtime a day a priority so the family can be together.

Invest in a patio set with chairs. It's surprising how enjoyable dinner is outdoors on a summer evening. An hour can pass without anyone even noticing!

Turn the TV OFF! Use your caller ID or answering machine to let you have an uninterrupted time.

## Menus and Recipes to Get You Started

### BREAKFAST

Scrambled Eggs With Cheese  
Overnight Streusel Cake  
Any Fruit Salad

### OVERNIGHT BREAKFAST CAKE (Lorrie)

	<u>9 x 9 pan</u>	<u>9 x 13 pan</u>
Cream together:	3/4 c. sugar 1/4 c. shortening 1 t. vanilla	1 1/2 c. sugar 1/2 c. shortening 2 t. vanilla
Add:	1 egg	2 eggs
Mix and add:	1 1/2 c. flour 1 1/2 c. baking powder Pinch of salt	3 c. flour 3 t. baking powder Pinch of salt
Add:	1/2 c. milk	1 c. milk

Put 1/2 mixture in sprayed pan. (Batter is stiff) Cover with 1/2 topping. Add remaining batter, then rest of topping. Cover and keep in frig overnight. Bake 25 minutes at 375 degrees, or about 30-35 for a 9 x 13 pan. Icing is optional.

Topping:	1/2 c. brown sugar 2 T. melted butter 2 T. flour 2 t. cinnamon	1 c. brown sugar 4 T. melted butter 4 T. flour 4 t. cinnamon
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Icing is made of milk, powdered sugar and vanilla.

### ANY FRUIT SALAD (Brenda)

Combine fruit, any desired combination, any amount. (Grapes, oranges, strawberries, bananas, kiwi fruit work well). Sprinkle with just enough Lemon or Vanilla pudding mix to make a glaze. (You will not use the whole box) Chill.

### LUNCH

#### TACO SOUP (Janice)

1 pound hamburger      1 onion (chopped)  
1 8 oz can tomato sauce    1 16 oz can stewed tomatoes  
1 16 oz can small red beans    1 pkg. taco seasoning

Brown hamburger and onion, put in crock pot. Add 3 cups water and tomato sauce. Cut up stewed tomatoes, add red beans. (Don't drain anything) Add taco seasoning. Cook all day at low, all afternoon at high. Serve with tortilla chips, cheese, sour cream.

#### QUICK BROCCOLI CHEESE SOUP (Vicki)

1 large can cream of chicken soup      1 can evaporated milk  
1 15 oz. can chicken broth      1 c. grated cheese  
1-2 c. cooked chicken, cut up      1 bag chopped broccoli (as much as you like)

Blend and heat cream of chicken soup, milk, and broth. Add chicken, cheese, and broccoli.  
Heat through.

## DINNER

*BBQ Pork Chops*

*Garlic Mashed Potatoes or Baked Potatoes*

*Green Beans*

### **BBQ PORK CHOPS** (Kristie)

4-6 pork loin chops

6 T. ketchup

6 T. brown sugar

1 large onion

Use a 9x13 pan or casserole large enough to hold 6 chops. Slice onion into 6 slices. Lay on top of each chop. Put a tablespoon of ketchup and a tablespoon of brown sugar on top of the onion slice. Then cover with lid or foil for 30 minutes at 325 degrees. Take off the lid and turn chops, leaving the lid off. Let the liquid cook down to a sauce, turning chops about every 30 minutes. Sure to please! Use the sauce to top rice to finish your meal. Cook at least 1 ½ hours, or until the chops are tender and the liquid is saucy.

### **GARLIC MASHED POTATOES** (Lorrie)

2 ½ # red potatoes (about 16)      garlic powder

1/4 c. sour cream                      2 T. Butter

1 T. chopped chives                  1/4 c. buttermilk or milk

½ c. Parmesan cheese                2 T. olive oil

Cook un-peeled potatoes til tender, then drain. Add butter, mash with masher (can be a little lumpy), then add sour cream, chives, oil, garlic powder to taste. Add Parmesan cheese.

*Chicken Pot Pies*

*Green Salad*

*Ice Cream with Fudge Sauce*

### **CHICKEN POT PIES** (Janet)

1/4 c. butter or margarine

1/4 c. milk

1/3 c. flour

2 cups chicken, cooked and cubed

1/4 t. pepper

1/4 c. chopped onion

1 (14.5 oz) can chicken broth

½ pak frozen peas and carrots

1 can refrigerated biscuits, or a recipe of Bisquick

Spray 6 custard cups or a 8 x 8 pan with cooking spray. Melt butter in large pan, stir in flour and pepper. Cook 1-2 minutes, til smooth and bubbly. Gradually stir in broth and milk. Cook until thickened, stirring constantly. Add chicken, onion, peas and carrots, heat through. Spoon mix into custard cups or pan. Separate biscuits, flatten, make into 6 tops, or place on top of 8 x 8 pan. If making Bisquick, roll thinner than directed (1/4" cut, and place on top. Make a slit in each biscuit. Bake 18-20 minutes at 350 degrees or until biscuits are golden brown on top and done on the bottom.

**HOT FUDGE TOPPING** (Christina Coltrin)

In a saucepan combine: 2 c sugar      Mix together well with wire whisk to remove any  
4 T. flour      lumps.  
4 T. cocoa

Add: 1 can evaporated milk, 1 cube butter or margarine, 1 t. vanilla.  
Boil, stirring constantly, for 3-5 minutes

*Perfect Pot Roast with Gravy and Carrots*  
*Mashed Potatoes*  
*Rolls*

**PERFECT POT ROAST** (Lorrie)

1 rump roast  
1 can cream of mushroom soup  
½ can water  
1 envelope dry onion soup mix  
1 onion, quartered and peeled  
3-4 carrots, peeled, halved and cut into 3" lengths

Place pot roast in a roasting pan, fat side up. Sprinkle with salt and garlic powder. Place onion, and carrots around the roast. Combine soup, water, and onion soup mix. Pour over all. Place cover on pan, or cover with lid or foil. Bake at 325 degrees for 3-4 hours. When meat is done, remove roast, carrots and onion to serving plate. Cover to keep warm. Gravy in pan may need to be thickened before serving. To thicken, combine 2 T. cornstarch with ¼ c. COLD water. Bring gravy to boiling, stir in thickening slowly until it is the desired consistency. You may not need to use it all. Boil for about 2 minutes, stirring constantly.

**CRESCENT ROLLS** (Karen)

1 pkg. yeast (1 t) dissolved in 1 ¼ c. warm water

Add: ¼ c. sugar, 1 t. salt

In separate bowl mix 3 eggs well beaten, ¾ c. melted butter, 4 c. flour. Beat with mixer til smooth, cover tightly and refrigerate 4 hours or overnight.

Cut dough into 3 sections, roll out each section on a flour covered surface. Cut into 12 wedges and roll fat to skinny end. Place on greased cookie sheet. Let rise until double. Bake 10 minutes at 400 degrees, brush tops with melted butter. Dough will keep in frig for up to 5 days.

*Start your own family traditions around the dinner table.  
These can be in conjunction with holidays, Sunday dinners, or birthday dinners, any special event . . . or NO event at all!*

### **Family Dinner Traditions:**

Red Plate Special – special plate set at the table for a family member who accomplished something special that day.

“Sweetheart Family Dinner” for Valentine’s Day  
(serve dinner with candlelight)

Plan a tradition St. Patrick’s Feast (corned Beef and cabbage, soda bread) or turn everything green!

Family Birthday Dinner – allow the birthday person to choose the menu!

Start a Saturday “Morning Off” tradition for mom, let dad and kids cook breakfast

Start New Year’s Eve Mid-Night Snack Tradition

Plan Sunday Dinners with the “best china”, cloth napkins and tablecloths. It’s a great time to reinforce correct table manners.

Invite each child to help prepare a meal on an assigned day of the week.

Begin Fast Sundays with a family prayer, and end your fast kneeling in family prayer.

Plan annual family picnics around summer celebrations (Memorial Day, 4<sup>th</sup> of July, Pioneer Day)

Celebrate the random birthday of an ancestor

Breakfast in bed for Mother’s Day or Father’s Day

Serve dinner in a pumpkin on Halloween!

Have a family un-Birthday Dinner on April Fool’s Day!

Start a Christmas Eve Dinner Tradition or go out to eat each Christmas Eve to give mom a break before the “big day.”

Serve certain traditional foods at special times of the year:

- Home made Ice Cream on Pioneer Day
- Deviled Eggs & Lemon Tarts at Easter Time
- Sugar Cookies at Valentine’s Day
- Cherry pie for Washington’s Birthday

# ***Red Letter Day***

***It's "Red Letter Days" for anyone –  
Everything's RED and a lot of fun!***

***On Special Occasions that come your way.  
From a good report card - to a raise in pay.***

***Birthdays, ball games or cycle races –  
Win an election or a trip to far places.***

***No more braces or a new hairdo –  
Reached a goal or when just plain blue!***

***If you've made a tough decision,  
Or it's your very 1<sup>st</sup> date.***

***When you've lost your 1<sup>st</sup> tooth.  
Or found your Eternal Mate.***

***The only Exception is the Folks' Anniversary –  
That's when Dad takes Mom out to go on 'a  
spree'.***