

MAKING MEALTIME HAPPEN

- ◆ Kids eat best when they're relaxed.
- ◆ Keep meals simple and easy.
- ◆ Let kids help plan a meal around favorite foods.
- ◆ Remember your child learns by watching you.
- ◆ Eat with your kids.
- ◆ If you can't eat together, be there.
- ◆ Encourage kids to sit while they eat.
- ◆ Give kids enough time to eat.
- ◆ Make eating and family time the focus of mealtime—not TV watching.

Produced by the Family Nutrition Program within Family and Consumer Sciences, Cooperative Extension Service, Kansas State University, Manhattan, Kansas. This is an equal opportunity program. All educational programs and materials available without discrimination on the basis of color, national origin, age, sex, handicap, political beliefs or religion. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, DC 20250.

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Ground Beef Pie

6 servings

3/4 pound ground beef
1/4 cup diced onion
1 can whole kernel corn, drained

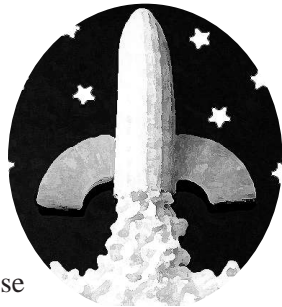
1 can cream style corn
3 cups mashed potatoes
1/2 cup shredded cheese,
optional

1. Brown ground beef with onion; drain.
2. In a baking dish layer ground beef, corn, potatoes.
3. Sprinkle cheese on top if desired.
4. Bake at 350° for 30 minutes or microwave 5-7 minutes until heated through.

1 serving
383 calories
758 mg sodium
18 g fat
39% calories from fat

MENU SUGGESTION

Ground Beef Pie
Rocket Salad
French bread
Milk



Rocket Salad

4 servings

1 large banana
2 slices pineapple
2/3 cup low-fat cottage cheese

1. Peel banana; cut in half crosswise and lengthwise. You will have 4 pieces.
2. Dip banana in pineapple juice so it won't turn brown.
3. Place each banana quarter with long flat side down on a plate.
4. Cut pineapple slices into 4 pieces and place 2 pieces near base of each banana piece.
5. Spoon cottage cheese around bottom to look like exhaust from rocket.

1 serving
71 calories
152 mg sodium
Less than 1 g fat
7% calories from fat

MENU SUGGESTION

Rocket Salad
Ham sandwich
Baked beans
Milk

Ground Beef Pie

6 servings

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1/4 cup diced onion
1 can whole kernel corn, drained

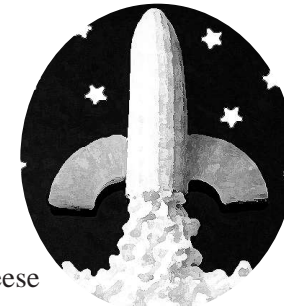
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