

October is Eat Better, Eat Together Month

Tips for Having More Family Meals

Family meals are a great time to ask and share about the day. Establish the tradition of family meal time.

Information from: [University of Nebraska Lincoln Extension](#)

Schedule family meals: Try to choose a time when everyone in the family can be there and work around obstacles as best as possible. And the shared meal doesn't have to always be dinner; if another meal better fits with family schedules, go for it!

Prepare meals ahead of time: Make a shopping list and create time to go to the store. Doing some of the prep work on the weekends can save time during the week. A meal at home does not have to be complicated. On the nights that you cook, make extra to freeze.

Involve the kids in preparation for the meal: Young kids can set the table. Older kids can help with preparation of the ingredients by washing, measuring and mixing. Teens can cook for the night.



In honor of October being Pizza Month, enjoy a delicious, healthy version of this perennial favorite!

Pita Pizzas

Ingredients:

- 1 cup chunky Tomato sauce
- 1 cup grilled boneless, skin less Chicken breast, diced
- 1 cup Broccoli, chopped, cooked
- 2 tablespoons Parmesan cheese, grated
- 1 tablespoon fresh Basil, chopped (1 teaspoon dried)
- 4 whole-wheat Pitas, 6-inch size



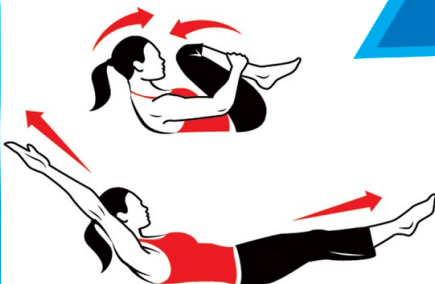
Preparation:

1. Preheat oven to 450 degrees.
2. For each pizza, spread 1/4 cup tomato sauce on a pita and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.
3. Place pitas on a nonstick baking sheet and bake for five to eight minutes until golden brown and chicken is heated through. Serve immediately.

For more recipes visit:

HealthyEating.org

Move of the Month: Double-Leg



Lie on your back with arms and legs stretched out. Bring your knees toward your chest and grab your shins. Holding neck above the ground, flex abdominals and extend arms and legs away from torso. Hold position for two seconds; bring arms and legs back in. This is one repetition.

Begin with completing eight repetitions and work your way up to 15.

[Women's Health Magazine](#)