

# LIVING HEALTHIER



Carolinan HealthCare System



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CANNON MEMORIAL YMCA WELLNESS NEWS

April 2016

PARTNERS FOR A STRONGER COMMUNITY

## HEALTHY FAMILIES

Parents are children's biggest influencers when it comes to healthy habits, so make sure to be a good role model by staying active, getting adequate sleep and making healthy food choices. Try to commit to all the healthy behaviors you would like to see in your child. Some suggestions to help create a healthy family include planning regular activities that the whole family can participate in, encouraging children to take part in afterschool sports and letting children help plan and prepare meals. While you cannot fight food choices, you can set limits and boundaries on the types and amounts your child and family eat on a regular basis. You don't want to be too lax with sweets and unhealthy foods, nor do you want to be too controlling. The best way is to end up somewhere in the middle, enjoying treats occasionally.



It's also important to have family time in the evenings and enjoy a nutritious meal together. Eating and talking together help foster family unity, prevent behavior problems at home and school, enhance academic success, improve nutrition and promote healthy weight for kids. Here are some simple steps to help families get dinner on the table from the Academy of Nutrition and Dietetics:

- ◆ **Have a week's worth of menus in mind** – Aim for 5 to 7 kid-tested, parent-approved main dishes that are easy to prepare. Once you have your entrée figured out (baked chicken, tacos, spaghetti, etc.), just add vegetables and/or fruit and maybe some whole grains.
- ◆ **Keep your kitchen stocked with quick fix foods** – Look for specials on kitchen staples (beans, rice, etc.), as well as frozen and canned fruits and vegetables with little or no added salt or sugars. Add fresh produce items when in season.
- ◆ **Prepare multiple batches of main ingredients** – Freeze extra servings and reheat to use in other dishes.
- ◆ **Get the whole family involved from start to finish** – The evening meal doesn't have to be one person's responsibility. Make sure to get everyone involved in the preparation and serving because when everyone pitches in, no one feels overwhelmed. Even very young children enjoy being involved in planning and preparing healthful meals.

References:  
<http://www.eatright.org/resource/food/nutrition/eating-as-a-family/healthy-children-are-a-family-affair>; <http://www.eatright.org/resource/food/nutrition/healthy-eating/how-to-serve-healthy-to-kids>; <http://www.eatright.org/resource/food/nutrition/eating-as-a-family/raising-healthy-eaters-from-preschool-to-high-school>; <http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/delicious-family-dinners-for-weeknights>

## TRY THIS-KID FRIENDLY BROCCOLI RECIPE:

### Toasted Barley Salad with Broccoli

#### INGREDIENTS

- ◆ 4 tablespoons olive oil, divided
- ◆ 1/2 cup pearl barley, rinsed
- ◆ Kosher salt
- ◆ 1 garlic clove, thinly sliced
- ◆ 1 anchovy fillet packed in oil, drained
- ◆ 1/2 head broccoli, chopped
- ◆ Freshly ground black pepper
- ◆ 3 tablespoons (or more) white wine vinegar
- ◆ 1/2 cup fresh flat-leaf parsley leaves
- ◆ 1/4 cup roasted almonds, chopped

#### PREPARATION

- ⇒ Heat 1 Tbsp. oil in a small pot over medium heat. Add barley and toast, stirring occasionally, until golden, about 5 minutes. Add 3 cups water and bring to a boil; season with salt. Cook until tender, 25–30 minutes.
- ⇒ Heat remaining 3 Tbsp. oil in a large skillet. Add garlic and anchovy and cook, stirring occasionally, until garlic is just golden, about 2 minutes. Add broccoli; season with salt and pepper and cook until crisp-tender and bright green, 8–10 minutes. Add barley and cook, tossing until warmed through. Add vinegar; season with salt, pepper and more vinegar, if desired. Mix in parsley and almonds just before serving.

SERVINGS: 4



## >> WELLNESS EVENTS

### KANNAPOLIS:

Ask the Registered Dietitian table:

April 6, 2016 | 9-11am

AOA Lunch and Learn –  
Eating Well on a Budget

April 7, 2016 | 11:30-1pm

### WEST CABARRUS:

Ask the Registered Dietitian table:

April 18, 2016 | 8:30-10am

\*First floor

### HARRISBURG:

Ask the Registered Dietitian table:

April 25, 2016 | 8:30-10am

Kannapolis YMCA

West Cabarrus YMCA

Harrisburg YMCA