

# CORE Solutions

## October Is Eat Better, Eat Together Month



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### October Is Eat Better, Eat Together Month

Whether you have a single-parent home, are an only child or are part of The Brady Bunch, families can still celebrate family meals. October is National Eat Better, Eat Together Month. For many, before shelter-in-place orders began, family mealtime had been lost in our overscheduled lives. School, work and extracurricular activities made it difficult to find time to eat together and some families went days or weeks without sitting down together to share a meal.

There's no doubt that these are unusual times, and nothing feels quite the way it usually does. But, there are clear benefits when a family eats together. Family mealtime in a fun, relaxed atmosphere improves nutrition, strengthens family bonds and helps children do better in school.

Beyond health and nutrition, family meals provide a valuable opportunity to establish a meaningful family ritual — but keep in mind that rituals are different from routines. Routines help us accomplish our tasks, making sure there is time set aside for working, playing, exercising and other important activities. While routines provide structure to the day, rituals offer connection and meaning. Routines tell children what to expect and plan for. Rituals help them feel at home and that they belong.

Families need rituals more than ever. Parents and children who eat regular family dinners seem to share a better relationship. They are more honest and open with each other, and parents are more likely to know what is happening in their children's lives. When families eat together, meals are more likely to be nutritious because children who eat regularly with their families are less likely to snack on unhealthy foods and are more likely to eat fruits, vegetables and whole grains.

Family rituals, like sharing a meal, can help families remain resilient during difficult times.



# Monthly Moves: Wall Squats

Stand with your back against a wall, placing your feet about two feet out in front of you. Feet should be hip-distance apart.

Bending your knees, slide your back down the wall until your knees are at 90 degree angles. Your knee joints should be over your ankle joints, so you may need to inch your feet further from the wall to create proper alignment. Your thighs should remain parallel.

Hold for 30 to 60 seconds, and then stand up. Repeat for a total of three reps.

Sources: [popsugar.com](https://www.popsugar.com)



## Recipe: Healthy Chicken Pot Popovers

**Servings:** 5

Nutritional Information for 1 Serving

**Calories:** 390 | **Total Fat:** 18 g | **Cholesterol:** 5 mg | **Sodium:** 760 mg  
**Total carbohydrate:** 25 g | **Dietary fiber:** 1 g | **Protein:** 31 g

Source: [foodnetwork.com](https://www.foodnetwork.com)

### Ingredients:

- Nonstick baking spray with flour
- 1 cup whole milk
- 3/4 cup all-purpose flour
- 3 large eggs, lightly beaten
- Kosher salt
- 3 tablespoons unsalted butter, melted
- 1/4 teaspoon baking powder

### Sauce:

- 3 cups low-sodium chicken broth
- 1/3 cup all-purpose flour
- 4 tablespoons grated Parmesan cheese
- Kosher salt and freshly ground black pepper
- 1 cup frozen peas and carrots
- 1/2 rotisserie chicken, skin discarded and white and dark meat shredded (about 3 cups)
- 1/4 cup loosely packed flat-leaf parsley, chopped, for garnish

### Directions:

1. Preheat the oven to 400 degrees F. Spray a 12-cup muffin pan generously with the baking spray.
2. For the popovers: Whisk the milk, flour, eggs and 1/2 teaspoon salt in a medium bowl until combined. Drizzle in the melted butter while whisking until combined; let the batter stand for 5 minutes. Add the baking powder; whisk the batter to combine and divide it evenly among the muffin cups (a scant 1/4 cup batter per muffin cup). Bake the popovers until puffed and browned around the edges, 20 to 25 minutes, rotating the pan about halfway through.
3. For the filling: While the popovers are baking, combine the broth and flour in a medium saucepan and whisk until the flour is dissolved. Place the saucepan over medium heat and whisk continuously until the mixture comes to a boil; continue to whisk until the mixture is thick enough to coat the back of a spoon, 4 to 5 minutes. Reduce the heat to low and whisk in 2 tablespoons of the Parmesan, 1 teaspoon salt and 1/4 teaspoon pepper. Stir in the peas and carrots, then the chicken; cover to keep warm.
4. To assemble: When the popovers are done, turn them out of the pan, using a small spatula if necessary. Arrange 2 popovers on each of six plates or bowls and top with the chicken filling, dividing evenly among the popovers. Garnish with chopped parsley and sprinkle on the remaining 2 tablespoons of grated Parmesan.
5. Never leave a child unattended in the kitchen. Limit the child to tasks that are safe and age-appropriate.