Cook Together



Cooking together helps make mealtime happen. When everyone shares the work, it is easy to do and food may even taste better. Everyone likes to try foods that they help make. It's fun to share something you've made.

Cook it fast on busy nights. Try stir-fried meat and vegetables, quick soups or sandwiches. Find easy, quick and tasty recipes that don't cost a lot to make at Use the food groups as your guide to cooking a healthy meal. Plan meals that include at least 3 food groups: dairy, grains, fruits, vegetables and protein.

Go to **www.choosemyplate.gov** for more info.





www.foodhero.org.

We learn by doing.

Very young children can help with washing and tearing

Work together to keep everyone safe and happy.

Older youth can help stir, spread, mash and measure.



Think about:

Who will plan and shop?

Who will help cook?

Who will set the table?

Who will help clean-up?_

Cook Together. Eat Together. Talk Together. Make Mealtime a Shared Time.

