

Eat Better Together



Studies show that children who sit down at the table to eat dinner with their family make healthier choices. They consume more vegetables and fruit and less fried foods, sweets, salty snacks and pop. Eating together is one of the most important habits parents can create for their children.

Try some of these ideas to get started:

- Choose a time when everyone can enjoy at least one meal together.
- Turn off the TV, gather around the table for a meal and keep the conversation positive.
- Include children in meal preparation. They will be more likely to try different foods if they have helped prepare them.

Looking for fast family-friendly ideas? Try these!

- Stir-fries with meat and vegetables.
- Sandwiches or quesadillas with a salad.
- Breakfast for dinner! Eggs and canned beans with whole grain toast and fruit for dessert.
- Slow cooker meals.
- Cook extra food and freeze to use for a quick meal. You can freeze parts of meals such as pasta, rice, cooked chicken or ground meat; or full meals like lasagna or shepherd's pie.

Food of the Month

Cauliflower



Cauliflower is more popular now than ever. It is dominating food blogs and recipe sites. From a side dish to pizza crust, this trendy vegetable is so versatile.

- Toss in olive oil with favourite herbs and roast.
- Boil potatoes and cauliflower together, mash and season.
- Slice whole cauliflower into "steaks". Brush with oil and seasonings and grill.
- Grate cauliflower and fry to make 'rice'.
- Make cauliflower poppers. See our recipe on the back!

In Your Sobeys Store

Need a quick but healthy take out meal? Try:

Deli chicken + ready-made salad + whole wheat rolls

Cauliflower Poppers



Serves 8

Ingredients:

2 tbsp	30 ml	Olive oil
1 tsp	5 ml	Chili powder
1 tsp	5 ml	Cumin
1 tsp	5 ml	Lemon juice
½ tsp	2 ml	Pepper
4 cups	1000 ml	Cauliflower florets

Directions:

1. Preheat oven to 400° F. Line a baking sheet with parchment paper.
2. Whisk oil, chili powder, cumin, lemon juice and pepper in a medium bowl.
3. Add cauliflower and toss to coat.
4. Spread florets evenly over baking sheet. Bake for 15 minutes, stirring half-way through.

Nutrition Information per Serving:

Calories	46
Fat	4 grams
Carbohydrate	3 grams
Fibre	1 gram
Protein	1 gram
Sodium	20 milligrams

Tip: Dip these poppers in salsa, ranch dressing or barbeque sauce.

Did you know?

Eating in front of the TV can lead to overeating and a higher risk of being overweight.

Chef's Corner

Cooking with children at any age can be fun and easy.

Some tasks toddlers may enjoy:

- Washing vegetables or fruit.
- Washing and tearing up lettuce and drying in a salad spinner.
- Brushing (or “painting”) food with oil.
- Whisking salad dressings and sauces.

Some tasks older children may enjoy:

- Grating cheese or zesting citrus fruit.
- Peeling ginger, fruit or vegetables.
- Measuring ingredients for recipes.
- Greasing pans.
- Forming cookies and patties.
- Garnishing (or “decorating”).



Pharmacy Corner

Does anyone in your family have the sniffles or sore throat? Not sure what to give your little one for that nasty cough? Our Sobeys pharmacists can help!

They can advise you on the proper use of both prescription and over-the-counter medicines.



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