

EATING SMART AT HOME



Plan, Shop, Fix, and Eat



1. PLAN

Plan meals for your family for a week, two weeks or longer—whatever works for you.



2. SHOP

Make a list of all the food you will need for your meals. Shop for a week at a time and stick to your list.



4. EAT

Stick to your plan for your meals. Make simple healthy meals for your family.



3. FIX

Eat together as a family without the TV.

EATING AT HOME = EATING HEALTHY



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

NC STATE UNIVERSITY



**Community & Clinical
CONNECTIONS**
for Prevention & Health
NORTH CAROLINA
DIVISION OF PUBLIC HEALTH



BEEFY SKILLET DINNER

Makes 5 servings

Serving Size: 1 cup

Hint: To reduce sodium even further, look for canned vegetables with no salt added.



Eat Smart

Nutrition information

Per Serving

225 calories	
Total Fat	5 g
Saturated Fat	2 g
Protein	25 g
Total Carbohydrate	27 g
Dietary Fiber	3 g
Sodium	460 mg

 Excellent Source of Vitamin C

 Good Source of Iron

 Good Source of Vitamin A

 Good Source of Fiber

Ingredients

- 1 pound lean or extra-lean ground beef or turkey
- 3 tablespoons Easy Onion Soup Mix (recipe below)
- 1½ cups water
- 1/3 cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (8-ounce) can corn, drained
- 3/4 cup uncooked whole-wheat macaroni
- 1/2 cup low-fat cheddar cheese, shredded

Directions

1. For Easy Onion Soup Mix, combine the following ingredients. Measure 3 tablespoons for use in this recipe. Save remainder to add flavor to other recipes.
 - 1 teaspoon black pepper
 - 1 teaspoon garlic powder
 - 1 tablespoon cornstarch
 - 1 tablespoon onion flakes
 - 1 tablespoon onion powder
 - 1 teaspoon sodium-free beef bouillon
2. Brown ground beef or turkey in a large skillet. Drain. Return meat to skillet.
3. Stir in soup mix, water, onions, tomato sauce, corn and macaroni.
4. Bring mixture to a boil. Cover and simmer for 10 minutes.
5. Remove cover and simmer until macaroni is tender; stir occasionally.
6. Top with cheese.

Recipe analyzed using extra-lean ground beef.



MAKE UP A STORY AND ACT IT OUT

Allow each family member to make up a story. As they tell the story everyone acts it out. You can pretend you are going to the beach, hiking up a mountain or anything else you can dream up!



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