

TIPS FOR A HEALTHY FAMILY

- **Try a new food:** As a family, try a new food each week. Involve your kids by letting them choose a fruit, a vegetable or a recipe that they will like to try.
- **Cook and shop together:** Even young children can help prepare meals in the kitchen, and pick out good-tasting and nutritious foods at the supermarket.
- **Go meatless:** At least one night a week, serve a meal with no meat. Try pasta with vegetables, egg omelet with cheese and vegetables, soup and salad with bread or even a fish recipe.
- **Stay active:** Make activity part of everyone's daily routine. Take a walk while the kids ride their bike, or you can ride with them; take the stairs instead of the escalator at the mall, play with a ball, go to the pool or dance together. You don't have to call it exercise, just think of it as a normal part of living.
- **Appreciate treats:** If every day were a holiday, these days would not seem special anymore. Remind your children that treats is not something that they need to have every day, but that there is nothing wrong if they enjoy one occasionally.
- **Do not focus on food:** Many holidays and other festive occasions mainly are celebrated with food, and you do not have total control over this. However, you can choose to make the food secondary to people and fun.

Created by: Consulting Registered Dietitians Inc.
Adapted from RD411.com

Valentines Muffins

Ingredients for 12 muffins

- ♥ 6 tbsp. butter
- ♥ 3/4 cup sugar
- ♥ 2 eggs
- ♥ 1/2 cup milk
- ♥ 14 strawberries, fresh or defrosted frozen
- ♥ 2 cups all-purpose flour
- ♥ 1/4 tsp. salt
- ♥ 1 tbsp. baking powder
- ♥ Strawberry jam



Directions

1. Preheat the oven to 350°F.
2. Mix the butter and sugar, add in the eggs, one at a time, and the milk.
3. Mash the berries with a potato masher or puree in a blender. Then stir the berries into the butter and milk mixture.
4. In a separate bowl, stir the flour, salt and baking powder.
5. Add the flour mixture to the berry mixture. Use a wooden spoon to stir until all the white disappears.
6. Line the muffin tin with paper liners and fill the cups halfway with batter. Add a surprise: 1/2 teaspoon of jam. Then spoon more batter to fill almost to the top.
7. Bake about 20 to 25 minutes until a toothpick inserted near the center comes out clean.
8. Remove the muffins from the tin and cool. Serve them warm in a basket lined with a red napkin.