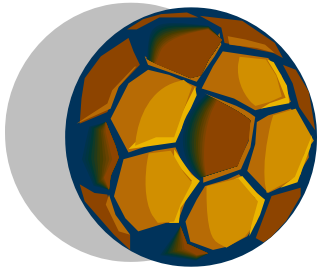




# Healthy Meals Parent Handout

Foster good food habits and an active lifestyle – for you and your family!

- If you eat healthy, your family will too
  - When thirsty, serve water
    - Make sure snacks are healthy – fruits or vegetables are always good
    - Limit TV, computer and video games
    - Don't put a TV in your child's bedroom and don't eat with the TV
    - Eat meals with your kids
  - Play with your kids - it gets your family moving and feels great



## Make your own Healthy Mini Pizza!

Making mini pizzas at home with your kids is healthier and cheaper than store bought, and easy and fun, too!

- English muffin cut in half
- Prepared pizza sauce
- Mozzarella or cheddar cheese—grated
- Slices of your favorite vegetables—whatever YOU like!



1. Spread English muffin with pizza sauce
2. Add vegetable slices and cheese
3. Place pizza on toaster oven pan, cookie sheet or piece of foil and bake until cheese melts

- Try these healthy toppings

tomatoes

broccoli

bell peppers

zucchini slices

olives

mushrooms

jalapeños

canned pineapple

- Try other 'pizza crusts'

bagel halves

pita bread

whole wheat tortillas

Adapted from [familydocs.org](http://familydocs.org), Nibbles for Health, and the USDA