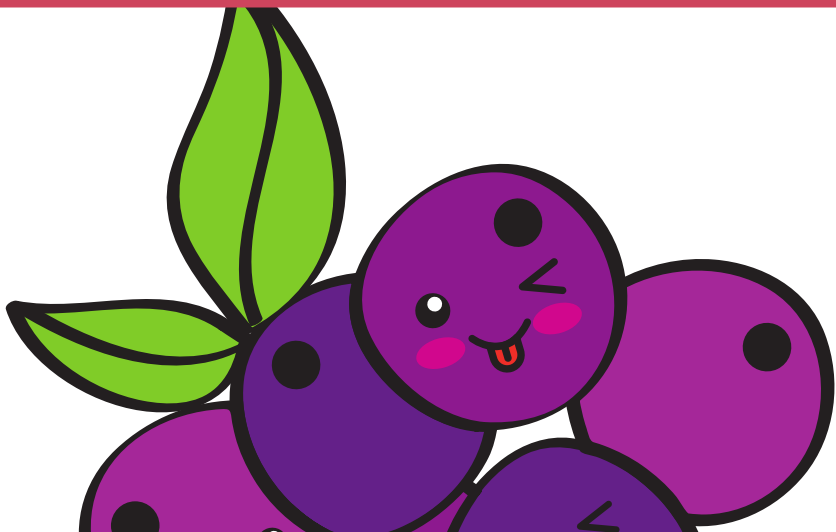


# FAMILY AND FOOD MATTERS TO CAREGIVERS & KIDS

A PROGRAM FOR WELLNESS

Video 1 Handouts



---

## Let's Cook



With your family, stand/sit at a cutting board station.  
Today, we're going to make **Tuna Melts**.

### **Tuna Melt**

Serves , 1 sandwich per serving

Prep time: 15 minutes

Cook time: 20 minutes



#### **Ingredients:**

- 1 large or 2 small stalks celery
- 1 large tomato
- ½ medium lemon
- 2 (5- or 6-ounce) cans light tuna, packed in water, no salt added
- 2 ounces low-fat cheddar cheese
- ¼ cup low-fat mayonnaise
- ¼ teaspoon ground black pepper
- 4 slices whole wheat sandwich bread

Optional Ingredients ¼ teaspoon dried dill or tarragon Hot sauce, to taste

#### **Materials:**

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Large skillet with lid
- Measuring cups
- Measuring spoons
- Medium bowl
- Sharp knife
- Small bowl

#### **Directions:**

1. Rinse and dice celery. Rinse, core, and cut tomato into 4 thick slices.
2. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
3. In a colander, drain tuna.
4. Grate cheese.
5. In a medium bowl, add tuna. Flake apart with a fork. Add celery, lemon juice, mayonnaise, and black pepper. Mix with a fork until combined. If using dried herbs and hot sauce, stir in now.
6. In a large skillet over medium heat, add 2 slices of bread. Cook until toasted on bottom, about 5 minutes. Remove from pan. Repeat with other 2 slices. Remove pan from heat.
7. On the toasted side of each bread slice, add ½ cup tuna salad. Top with tomato slice and sprinkle with cheese (about 2 Tablespoons each).
8. Return skillet to medium heat. Place 2 sandwiches in skillet. Cover and cook until cheese is melted and underside is browned, about 3–5 minutes. Remove from pan. Repeat with other 2 sandwiches.

#### **Chef's Notes:**

- Tuna salad is also great for cold sandwiches. Or, use to make a pasta salad. Combine with leftover whole wheat pasta, a handful of thawed frozen peas, and a little extra low-fat mayonnaise and lemon juice.
- Use diced radishes in place of celery, if you like.
- To make all 4 sandwiches at once, use the oven. Toast bread on a baking sheet at 450°F for 10 minutes. Remove from oven and turn each slice over. Top with tuna salad, tomato slices, and cheese. Return to oven and bake until cheese is melted, about 3–5 minutes.



## Let's Eat

Families enjoy their healthy meal together.

When families are finished eating, let's all clean up together.

---



## More to Think About



The 4 Rs and 2 Ss are the building blocks of family strengthening and when done well, help strong families become even stronger.

r

**RULES**  
organize the family  
organize the child's life  
are age appropriate



**RESPONSIBILITIES**  
for both kids and caregivers  
everyone contributes to what's working  
everyone helps to fix challenges

r

r

**RELATIONSHIPS**  
the cement of the family  
represents how much you care for  
each other



**RESPECTFUL COMMUNICATION**  
foundation of family time  
showing you are listening  
positive body language

r

s

**STRESS**  
makes it hard to see strengths in  
ourselves and our family



**SOCIAL SUPPORT**  
both kids and caregivers need  
positive, responsible sources of  
support

s



**10 tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
Dietary  
Guidelines  
for Americans

# Choose MyPlate

Use **MyPlate** to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

**1 Find your healthy eating style**  
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

**2 Make half your plate fruits and vegetables**  
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

**3 Focus on whole fruits**  
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



**4 Vary your veggies**  
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



**5 Make half your grains whole grains**  
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



**6 Move to low-fat or fat-free milk or yogurt**  
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



**7 Vary your protein routine**  
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



**8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars**  
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



**9 Drink water instead of sugary drinks**  
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

**10 Everything you eat and drink matters**  
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."