

# EAT RIGHT BITE BY BITE

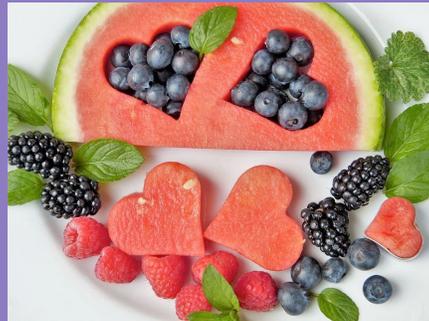
## Plan Your Meals

- Re-use ingredients
- Small changes
- Involve your family
- Don't forget the spices!



## Grocery Shopping

- Plan ahead
- Stick to your list
- Buy *some* non-perishables
- Wash your hands



## Cooking

- Wash your hands
- Make it fun
- Clean as you go



## Meal Time

- Have a picnic
- Go fancy
- Be socially distant together



# HEALTHY SNACK BITES

- Think it through
- Stay hydrated
- Bring one serving with you, not the whole bag
- Choose a combo snack

## 5 Ingredient Oatmeal Balls

- 4 cups rolled oats
- 2 tablespoons chia seeds (optional)
- 1/2 cup raisins
- 3/4 cup crunchy peanut butter
- 1/2 cup honey

Combine all ingredients in a big bowl. Using hands, roll bite sized portions into balls. Place in storage container and refrigerate until ready to eat.

## Yogurt Parfait

- Strawberries
- Blackberries
- Raspberries
- 6oz Greek Yogurt

Layer yogurt and berries in a bowl and serve chilled. Can be done with fresh or frozen fruit. To decrease added sugar intake, choose plain greek yogurt. Choose your favorite fruits and enjoy!

#eatright



# CREATIVE MEAL TIME IDEAS

- Try eating the whole meal with your non-dominant hand
- Try eating with chopsticks (it doesn't have to be Chinese food!)
- Grill outside - cookout with your neighbors while staying in your own yards.
- Put different smoothie ingredients on a board. Have someone close their eyes, spin them around and have them point to an ingredient. Do this three times and then make a smoothie with the ingredient.
  - You can try this with pizza toppings too!
- Have an ingredient contest over video conferencing - have 3 ingredients that everyone has to use in their dish and see what ideas everyone comes up with.
- Have everyone in a group make the same meal and take photos of it on the plate. Judge everyone based on presentation and style, and crown the winner!
- Visit FNP's website for more fun tips and great recipes.

