

Make Mealtime Family Time

Tips for Parents & Caregivers

A meal is more than just nutrition; it's an important way to connect with our kids, teach healthy habits based on USDA MyPlate guidelines, and build a positive family culture. Getting everyone to the dinner table can feel like a challenge in today's busy world, but fortunately, meals don't have to be complicated or time-consuming to be meaningful. It's all about taking a moment to be together.

Pork is an affordable, versatile, flavorful, and nutrient-rich protein as a main dish that works well with a myriad of flavors and even pleases the pickiest of eaters. Help your kids learn healthy habits and safe cooking methods by inviting them into the kitchen to select a recipe, prepare ingredients, and help make the meal. Here are some suggestions:

5 Delicious Pork Recipe Ideas from Yummly.com

1. **Ham Pinwheels:** yummly.com/recipe/Ham-Pinwheels-2508344
2. **Pork Taco Rice Casserole:** yummly.com/recipe/Pork-Taco-Rice-Casserole-2248715
3. **Peruvian-Style Pork Stir Fry:** yummly.com/#recipe/Peruvian-Style-Pork-Stir-Fry-2010607
4. **Thai Ribeye Pork Chops:** yummly.com/recipe/Thai-Ribeye-Pork-Chops-2141410
5. **Sweet and Spicy Roast Pork:** yummly.com/recipe/Sweet-and-Spicy-Roast-Pork-2249000



Ham Pinwheels

5 ingredients, 10 minutes



Pork Taco Rice Casserole

8 ingredients, 40 minutes



Peruvian-Style Pork Stir Fry

18 ingredients, 30 minutes



Thai Ribeye Pork Chops

7 ingredients, 15 minutes



Sweet and Spicy Roast Pork

6 ingredients, 55 minutes

While in the kitchen or at the dinner table, spark a conversation with your kids to help them process their day, make sense of current events, or simply share what's on their mind. They might share thoughts about the best or most surprising part of their day, or something they didn't understand or need help with. Who knows what you might learn while you're sharing a healthy home-cooked meal with those who matter most?

Cook smart! Cook safe! Always cook pork to an internal temperature of 145°F for juicy, flavorful results.



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