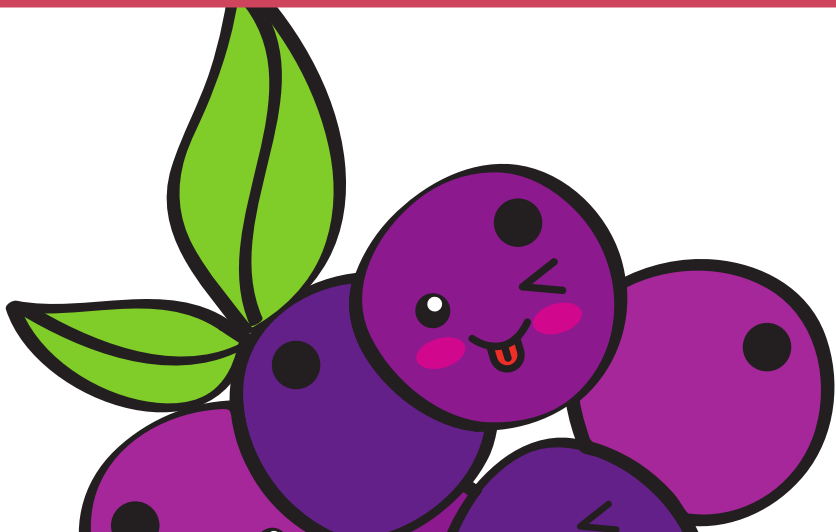


FAMILY AND FOOD MATTERS TO CAREGIVERS & KIDS

A PROGRAM FOR WELLNESS

Video 5 Handouts



Let's Cook



Break into your family group and each family stand at a cutting board. Today, we're going to make a **Signature Family Pizza**. Families choose ingredients to make a pizza together using whole grain bread (e.g., pita bread, English muffins).

Using the following questions, make a pizza that represents your family:

What makes your family unique?

What family traditions do you have that include food?

If each of you were a kind of food, what would you be? Why?

Choose a name for your pizza when you are done!

Family Pizza Name: _____	
Prep time: 20 minutes Cook time: 20 minutes	
Ingredients: <ul style="list-style-type: none"><input type="checkbox"/> Pita bread<input type="checkbox"/> Tomato sauce<input type="checkbox"/> Mozzarella cheese<input type="checkbox"/> Toppings (e.g., peppers, pepperoni, basil)<input type="checkbox"/> Spices (garlic, oregano)<input type="checkbox"/> Non-stick cooking oil	A photograph showing two small, round pizzas (likely made with pita bread) on a wooden cutting board. The pizzas are topped with tomato sauce, melted cheese, and various toppings. In the background, there are fresh tomatoes and a bowl of sauce.
Materials: <ul style="list-style-type: none"><input type="checkbox"/> Cookie sheet<input type="checkbox"/> Cutting board<input type="checkbox"/> Spoon<input type="checkbox"/> Medium bowl<input type="checkbox"/> Sharp knife	
Directions: <ol style="list-style-type: none">1. Rinse any toppings as needed.2. Cut any necessary toppings (e.g., peppers, pepperoni) and set aside.3. Sprinkle cookie sheet with oil (or flour) and place the pita breads making sure they do not touch each other.4. Place tomato sauce in the middle of the pita bread and spread across the bread to make an even spread.5. Layer the cheese over the pita bread and sprinkle additional toppings.6. Place pita bread with toppings in the oven (350 degrees) until cheese is melted.	

Let's Eat



Families enjoy their healthy meal together. When families are finished eating, let's all clean up together.

What is the name of your pizza and how did you choose that name?

What was it like creating the meal together?



More to Think About

Suggestions for Family Fun Day!

List for families:

- Plan a picnic in the park / day at the park / barbecue
- Go to the beach or local pool
- Visit theme parks (e.g., Six Flags Grand Adventure)
- Organize a movie, game or special night
- Play a video game
- Look at old photos of family members together
- Take a walk together
- Make an art or craft project together
- Go ice skating (winter) or cycling (summer / spring)
- Visit local recreation centers
- See famous places around your area
- Visit a museum or zoo
- Cook together

List for children:

- Karate class
- Dance class
- Sports teams (e.g., tennis, basketball, baseball)
- Swimming
- Clubs (e.g., Girl or Boy Scouts, Boys and Girls Club)
- Go to the park and spend time with younger siblings



More to Think About

Assistance Programs in New York City

Food pantries, housing and other resources can help you and your family. To learn about helpful assistance service programs visit the official website of NYC at <https://www1.nyc.gov/> or go directly to their Site Finder webpage at <https://portal.311.nyc.gov/site-finder/>

SNAP (Food Stamps)

Learn about, apply for, or report a problem with Supplemental Nutrition Assistance Program (SNAP), also known as Food Stamps.

Food for Women, Infants, and Children (WIC)

Get healthy food through WIC for eligible pregnant women, mothers, and young children.

Summer Meals for Children

Learn about free breakfast and lunch for New York City children ages 18 and under.

School Food

Learn about school meals and available programs.

Greenmarkets and Farmers Markets

Find a greenmarket or farmers market and learn about available coupons.

Growing Up NYC

Learn about a website with information on programs, resources, and activities for New York City children.

Food Pantries and Soup Kitchens

Find places where people in need can get food.

Housing Options

Housing lotteries, New York City Housing Authority (NYCHA) public housing, Mitchell-Lama, ownership, homeless shelters.

Disability Access

Learn how people with disabilities can get help with accessing City programs and services. Report a building or public space that is not accessible.

Senior Caregiving Support

Get referrals for support and services for family or friends caring for a person 60 or older or for seniors caring for a person of any age.



Got your dairy today?

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

1 "Skim" the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts saturated fat and calories but doesn't reduce calcium or other essential nutrients.



2 Boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.

3 Top off your meals

Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.



4 Choose cheeses with less fat

Many cheeses are high in saturated fat. Look for "reduced-fat" or "low-fat" on the label. Try different brands or types to find the one that you like.

5 What about cream cheese?

Cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

6 Switch ingredients

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try low-fat or fat-free ricotta cheese as a substitute for cream cheese.



7 Limit added sugars

Flavored milks and yogurts, frozen yogurt, and puddings can contain a lot of added sugars. Get your nutrients from dairy foods with fewer or no added sugars.

8 Caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

9 Can't drink milk?

If you are lactose intolerant, try yogurt, lactose-free milk, or soymilk (soy beverage) to get your calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.



10 Take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important for their health. Dairy foods are important to build the growing bones of kids and teens and to maintain bone health in adulthood.

* What counts as a cup in the Dairy Group? 1 cup of milk, yogurt, or soy beverage; 1½ ounces of natural cheese; or 2 ounces of processed cheese.