

*Join us September 2016 as Texas A&M AgriLife Extension Celebrates  
Family Mealtime by MAKING IT HEALTHY!*

## *Proclamation*

**WHEREAS EATING MEALS TOGETHER PROMOTES QUALITY TIME FOR CHILD AND ADULT INTERACTION!** Family dinner provides time to share activities from the day or discuss upcoming events; and


**WHEREAS EATING MEALS TOGETHER PROMOTES A FOOD HEALTH CONNECTION!** Eating together provides an opportunity to talk about and model good nutrition and health behaviors, and

**WHEREAS EATING MEALS TOGETHER PROMOTES PASSING DOWN CULTURAL AND FAMILY IDENTITY!** Family dinners are a good time for sharing family stories and creating memories.

**NOW, THEREFORE** I, Judge Dan A. Gattis, Williamson County Judge, Georgetown, Texas

**DO HEREBY PROCLAIM** the month of September **FAMILY MEALTIME 2016: MAKING IT HEALTHY!** In Williamson County, Texas, and I encourage all citizens to observe this month by encouraging the adoption of healthy behavior through family mealtime in Williamson County.

Done at the Williamson County Courthouse on this the 6<sup>th</sup> day of September, 2016

  
Dan A. Gattis, County Judge  
Williamson County

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## **Connect with your family for better health:**

- Family dinner provides time for family members to share activities from the day or discuss upcoming events.
- Eating together provides an opportunity for families to talk about and model good nutrition and health behaviors.
- Family dinners are a good time for sharing family stories and creating memories.



## **Three things you can do now:**

1. Make it your mission to have meals as a family three times a week or more.
2. Focus on family interactions during the meal by turning off the TV, video games, cell phones, or other distractions.
3. Use this time to connect with your family. Encourage conversations by having each family member talk about their day and share family stories.



## **Get children involved:**

Encourage children to participate in age appropriate tasks:

- Let children help plan menu ideas and side dishes
- Take them grocery shopping and let them pick out a new fruit or vegetable to try with dinner
- Teach them about setting the table
- Guide them in basic food preparation (as they are developmentally ready for and can safely do)
- Have them help clean up and clear the table

***Stay tuned for September events and get weekly Dinner Tonight updates by signing up at <http://dinnertonight.tamu.edu/>***



# Fiesta Garden Tacos

**NUMBER OF SERVINGS: 6**

## **INGREDIENTS:**

- 1 Tablespoon canola oil
- 2 cups frozen corn kernels
- 1 cup red onion, chopped
- 4 Roma tomatoes, seeded and chopped
- 2 teaspoons minced garlic
- 3 medium zucchini, chopped
- 1 cup unsalted black beans, rinsed and drained
- 1 cup reduced fat Monterey Jack cheese, grated or shredded
- 12 corn tortillas

## **DIRECTIONS:**

1. In a skillet, sauté corn kernels in 1/2 Tablespoon. oil. Remove and set aside.
2. In same skillet, add remaining oil, red onion, tomatoes, garlic, and zucchini.
3. Cook 1 minute.
4. Add beans and heat through. Stir in corn.
5. Divide mixture among 12 corn tortillas.
6. Top each with 1 Tablespoon cheese.
7. Roll up.

*Calories 300, Calories from Fat 70, Total Fat 8g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 10mg, Sodium 190mg, Total Carbohydrate 47g, Dietary Fiber 8g, Sugars 9g, Protein 14g*



**DINNER  
TONIGHT**  
HEALTHY COOKING SCHOOL  
TEXAS A&M AGRILIFE EXTENSION