



5 BENEFITS OF COOKING TOGETHER

As families spend more time inside their homes these days, it is important to find activities the whole family can enjoy. Cooking is a great way to spend time together and to learn new things.

What are the benefits of cooking together?

1. Children learn about nutrition and are given the opportunity to make informed choices about what they eat.
2. Cooking together is an engaging activity, allowing family members to unplug from technology together.

3. Do you have picky eaters? Kids are more likely to eat what they make.
4. Cooking is a great developmental skill for all ages. It teaches teamwork, cleanliness, appreciation, creativity and problem-solving.
5. Being in the kitchen allows families to connect and reinforce bonds with family members.

Wondering how your kids can help? They can pick out recipes to try, mix ingredients, set timers, get out items needed to prepare the meal, set the table, measure out ingredients, tear up lettuce for salads, and be taste testers!

ESSENTIALS FOR YOUR PANTRY

It is important to keep your kitchen stocked with healthy and nutritional food, especially during these times. Other items, like fresh garlic or ginger, are also important because they can add flavor to your meals.

Here are some suggestions for items to keep in your pantry, fridge and freezer. By keeping these items in stock, you can guarantee to have a healthy, tasty meal.

PANTRY ESSENTIALS

- ✓ **Whole grains:** oats, brown rice, quinoa, whole grain pasta or bean pasta
- ✓ **Proteins:** beans, lentils, canned or packets of tuna and salmon
- ✓ **Vegetables:** canned tomatoes, unsalted or rinsed canned vegetables, potatoes, onions
- ✓ Unsalted or low sodium **broths and stocks**
- ✓ **Oils and vinegar** (olive oil, avocado oil, canola oil, apple cider vinegar)
- ✓ **Garlic**

FRIDGE ESSENTIALS

- ✓ **Lemons and limes** to tenderize meat and add flavor to dishes
- ✓ **Dijon mustard** to add to vinaigrettes or dipping sauces
- ✓ **Parmesan cheese** to sprinkle on baked veggies, hearty soups, or pasta dishes
- ✓ **Olives** are a great way to add some omega-3's to any salad, pizza, or pasta dish
- ✓ **Fresh ginger**, perfect to make a homemade stir-fry
- ✓ **Eggs**
- ✓ **Fruits and veggies**

FREEZER ESSENTIALS

- ✓ **Frozen vegetables and fruit** (they are flash frozen at their peak)
- ✓ **Lean meats:** ground turkey, pork chop, pork loin, chicken breast, fish

