



# FAMILY AND FOOD MATTERS TO CAREGIVERS & KIDS

A PROGRAM FOR WELLNESS

Video 2 Handouts



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## Let's Cook



With your family, stand/sit at a cutting board station.  
Today, we're going to make **Veggie Pinwheels**.

### Veggie Pinwheels

Serves 4, 3 pinwheels per serving

Prep Time: 15-20 minutes

Cook Time: None



#### Ingredients:

- 1 large, ripe avocado
- 1 lemon
- 3 sprigs fresh herbs (parsley, dill, cilantro, or combination)
- 1 cup salad greens
- 1 small turnip
- 4 large radishes
- 1 small carrot
- 4 ounces Monterey Jack or other cheese
- 3 (10-inch) whole wheat flour tortillas
- Pinch of salt

#### Materials:

- Sharp knife
- Spoon
- Fork
- Small bowls
- Large mixing bowl
- Grater
- Cutting board

#### Directions:

1. Slice the avocado lengthwise and remove pit.
2. Use a spoon to scoop the avocado into a small bowl. Use a fork to mash the avocado.
3. Rinse lemon and cut in half, removing seeds. Squeeze a little lemon juice onto the avocado. Stir.
4. Rinse herbs and pluck leaves off stems. Tear leaves into smaller pieces, add to mashed avocado, and stir.
5. Scrub and rinse the turnip, radishes, and carrot. Rinse the salad greens and pat all the vegetables dry.
6. Grate the root vegetables into a large mixing bowl.
7. Grate the cheese into a small bowl.
8. Warm one tortilla in the microwave for 30 seconds or longer, if necessary.
9. Place the warmed tortilla on a cutting board. Spread 1/3 of the mashed avocado over the center of the tortilla.
10. Layer with 1/3 of the greens and 1/3 of the grated vegetables, and top with 1/3 of the cheese.
11. Squeeze some lemon juice over the filling.
12. Season slightly with a small amount of the salt. Roll the tortilla tightly into a log shape. Use a sharp knife to slice the wrap into 4 "pinwheels". Repeat steps 8-12 with the additional tortillas. You will end up with 12 pinwheels.

#### Chef's Notes:

You can use 1 cup of guacamole in place of the avocado.

It is not always necessary to peel all root vegetables (except potatoes) when you slice or grate them. Scrub them well with water and a clean veggie brush, if you don't peel.

You can try topping each tortilla with sliced roasted turkey in step 10. Use 5 ounces of turkey, with 1/3 placed on each tortilla.

## Let's Eat



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



## More to Think About SELF-CARE!

### COPING WITH STRESS

#### BREATHING EXERCISE

When we are stressed, we may feel out of balance. Balance can do a body good, beginning with the breath. Breathing gives us a chance to reflect and consider how to reflect and consider how to react to stressful situations.

To practice measured breathing: Take a deep full breath in and release. Then inhale for a count of four, and then exhale for a count of four (all through the nose). Do this several times.

Measured breathing will help to calm the nervous system, increase focus and reduce stress. Measured breathing is a practice that can work for adults and children, and can be done together in times of stress, anger or frustration.

Try practicing this at home, either alone or with each other!



### TIPS FOR TAKING CARE OF YOURSELF



#### Move your body

Exercise helps with stress and is good for your health.



#### Do something you like doing

Schedules get busy but make time for this activity or learn something new.



#### Learn to share your feelings

If something is bothering you, talk to someone.



#### Don't be scared to say 'No'

If someone or something makes you uncomfortable or you don't agree with it, say No.



#### Do things that make you HAPPY

Surround yourself with positive people. Ask for a hug if you need one. Take a walk.



#### Laugh

Sometimes laughing can help! Also, if you make mistakes or do something embarrassing don't be afraid to sometimes LAUGH at yourself!



**Eat healthy foods:** These foods can make you feel good.



**Get sleep:** Sleeping is so important for a healthy and active life.



## More to Think About

### Managing Family Stress!

So many things can cause family stress. In addition to day-to-day stressors, crises like a fire or a death within the family place a lot of stress on family relationships. And, as we know, learning to cope with family stress strengthens your family and makes it easier to cope with family crisis as well.

#### **Your Strong Family Unit**

It can be easy for a family unit to break down, feeling like there are separate individuals living under one roof. Each individual may then become isolated, facing his/her own problems and left to solve them on their own. Unfortunately, stress for one member of a family can cause stress and often divides the entire family. When one part is stressed, the whole unit becomes stressed. The solution is to work through problems as a strong family.

#### **Take Time for your Family**

Family togetherness is quality time spent together and it helps to reduce family stress and builds strong families! (It doesn't mean that everyone has to like or do the same things or spend every minute together).

**Working at household chores together.** Completing simple household chores as a family can be helpful. Cleaning, doing the dishes, or other chores gives your family time to communicate, lightens the load for individual family members, and helps all family members to build skills and self-esteem.

1. **Share a meal. Share at least one meal each day.** As we mentioned, mealtime is a great time to tune into individual schedules and plan family activities. If you can't do it everyday, schedule it as a regular family "event". It can be breakfast, lunch, or dinner!
2. **The family "event".** A special activity can be as big as a family vacation or as small as a family movie night or even a walk to the local park. Plan the activity as a family and make the activity an "event" where each member contributes to making it a successful and enjoyable occasion. (For example: Family Movie Night - Make a list of movies that you all want to see. Then, choose one of them scheduling a specific night and time for the event. You can even take turns leading the 'Family Event'.)

#### **Managing Family Stress**

A strong family has the tools to solve stress which reduces stress for the entire family. Problems that stress families may be either individual stressors that carry over to the whole family such as a disaster, or financial problems, or a physical illnesses of a family member.

**When managing individual family member stress that affect the entire family, here are a few tips to keep in mind:**

1. **Discuss problems as a family!** If it's a problem for you or a problem that you notice is causing stress in another family member, chances are it's a stressor for the entire family as well. Talk it out and work towards finding a solution.
2. **Pay attention to things that upset others!** Whether there is a problem as big as someone losing a job or as small as misplacing something or the death of a child's pet, the problem is a stress for the individual that can ultimately cause stress for the family. Let the individual talk it out, be a good listener, and show them that solving the problem is important to the family.
3. **Focus on solutions to problems instead of blame.** When there's a problem it really doesn't matter who's at fault. Define the problem and work towards a solution.
4. **Respect privacy.** If a family member brings a problem to you in confidence, respect it. Don't air it for discussion without their agreement. If you are unable to agree to keep the confidence, be honest about it. If a child says, "But, don't tell Dad," your response might be, "I'm sorry, but Dad and I don't keep secrets. He needs to know about this. Would you like us to tell him together or would you rather not be there when I tell him?"

Building a strong family unit that effectively manages day-to-day stressors not only makes your home a place for each member to relax, recharge, and rejuvenate but also builds the skills necessary for the family to come together in times of need.

Adapted from Stress Management Tips (<https://www.stressmanagementtips.com/>)



United States Department of Agriculture

**10  
tips**  
Nutrition  
Education Series



**MyPlate  
MyWins**

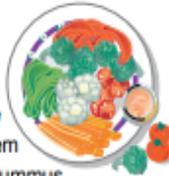
Based on the  
Dietary  
Guidelines  
for Americans

## Add more vegetables to your day

**It's easy to eat more vegetables!** Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

**1 Discover fast ways to cook**  
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

**2 Be ahead of the game**  
Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



**6 Make your garden salad glow with color**  
Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

**7 Sip on some vegetable soup**  
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

**3 Choose vegetables rich in color**  
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

**8 While you're out**  
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

**4 Check the freezer aisle**  
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



**9 Savor the flavor of seasonal vegetables**  
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



**5 Stock up on veggies**  
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

**10 Vary your veggies**  
Choose a new vegetable that you've never tried before. Find recipes online at [WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).

Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider, employer, and lender.

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
for more information.

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June 2011  
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