



# RECIPE FOR A HEALTHY FAMILY

1 MEASURE OF RESPECT

1 DOSE OF APPROPRIATE BOUNDARIES

1 POUND OF COMMUNICATION

MIX TOGETHER WITH YOUR FAMILY VALUES AND RITUALS

MONITOR CLOSELY

APPLY LOVE LIBERALLY

ENJOY TOGETHER



## THE BAY TEAM HAS CREATED THIS RECIPE SERIES TO SHARE WITH YOUR FAMILY. ENJOY!

The BAY Team, the Barrington Adult Youth Team, has a mission to promote a safe and healthy Barrington through collaboration and communication. We are a community coalition comprised of parents, youth, school and town representatives, law enforcement, youth-serving organizations, faith leaders, health providers, businesses, and media.

- \* Policy improvement and advocacy
- \* Media campaigns
- \* Parent and student presentations
- \* School curriculums and programs
- \* Data collection and evaluation
- \* Training of alcohol servers and sellers
- \* Decreased prescription drug access through collection of unwanted medications
- \* Resources such as *How to Raise a Drug Free Kid* books, Strengthening Families Program DVDs, Family Time preschool skill-building program, Barrington Challenge marijuana education

YOU CAN ACCESS ALL THE CARDS ON THE BAY TEAM'S WEBSITE, WHICH YOU CAN LINK TO USING THE QR CODE. 



Published by The BAY Team as a prevention program for families with elementary school children. The BAY Team, funded by a Drug-Free Community Grant. [www.thebayteam.org](http://www.thebayteam.org)

# BANANA CHOCOLATE SMOOTHIE

## INGREDIENTS

1 cup coconut milk  
1 frozen banana  
1 tablespoon cocoa powder  
1/2 tablespoon honey  
2 teaspoons vanilla extract  
1 cup ice cubes

## DIRECTIONS

Blend all ingredients and enjoy!

*Variation* – add peanut or other nut butter if allergies are not a concern

**SMOOTH AND STRESS-FREE!**

SERVES  
2



# WHILE YOU'RE COOKING...

## HELP YOUR CHILD LEARN HEALTHY WAYS TO MANAGE STRESS

- \* Model healthy stress relief in your daily activities – things like deep breathing, positive self-talk, regular exercise, and laughter – and tell your child that these activities help you to feel good as you are doing them.
- \* Build in family activities to your weekly routine. Show your child that spending quality time with friends and family is a great way to deal with the stress of everyday life.
- \* Help your child find activities and hobbies they are passionate about.

## WAYS THIS WILL BENEFIT YOUR CHILD:

- \* Children may experience anxiety as they start to become more independent. Social situations, academic pressures, and self-identity will effect most children during their lives. Helping your child to develop effective coping strategies early on will decrease the risk that your child will turn to dangerous substances for relief.
- \* Children who experience joy from healthy activities are less likely to seek out substances that produce feelings of euphoria.



YOU DON'T NEED TO LIMIT YOUR KIDS TO JUST ONE SCOOP OF THIS HEALTHY TREAT!

SERVES  
2

## CHERRY VANILLA 'ICE CREAM' (WITH BANANAS)

This ice cream isn't ice cream at all. In fact, in its simplest form it's just bananas. But add in a few frozen cherries and some vanilla, or any number of additions (cocoa powder, coconut flakes, peanut butter, instant coffee) and you've got an all-natural alternative to frozen yogurt with no added sugar.

### INGREDIENTS

- 2 bananas, peeled, sliced and frozen
- ½ teaspoon vanilla extract
- 5 frozen, pitted cherries

### DIRECTIONS

Place bananas in a food processor and blend until a smooth, thick paste forms. Add cherries and vanilla and blend again until smooth. Serve immediately for a soft-serve consistency or store in an airtight container in the freezer until serving time for more ice cream-like scoops.

[www.jsonline.com/features/food/7-delicious-desserts-with-secret-healthy-ingredients-b99338907z1-273625581.html](http://www.jsonline.com/features/food/7-delicious-desserts-with-secret-healthy-ingredients-b99338907z1-273625581.html)



# WHILE YOU'RE COOKING...

## LIMIT SETTING

Help your child know safe and healthy boundaries by setting and enforcing limits:

- \* Make your rules clear and specific
- \* Make sure your child understands your rules
- \* Have a list of consequences – make these appropriate for the behavior
- \* Follow through swiftly if a rule is broken
- \* Don't forget to give encouragement when rules are followed

## WAYS THIS WILL BENEFIT YOUR CHILD:

- \* Research shows that when parents monitor, supervise, and set limits their children will be at a lower risk as teens for using drugs and alcohol
- \* By modeling limit-setting, children will learn to self-limit their own behaviors to make healthy and safe choices independently in the near future



TALK ABOUT THE DAY AHEAD WHILE BUILDING A HEALTHY LUNCH



## MASON JAR LUNCH

### DIRECTIONS

1. Start with a clean mason jar.
2. Layer your ingredients starting with the dressing and other wet items, such as tomatoes and cucumbers, on the bottom.
3. Next, add moisture-resistant veggies, like carrots for example, on top of that.
4. Last of all, top with the protein of your choice and any “dry ingredients” such as greens, pasta and any crunchies.
5. Store in the fridge until you’re ready to eat. Then, shake, shake, shake and ENJOY!

**High Protein Salad in a Jar:** Begin with the lemon-based dressing of your choice. Next throw in chickpeas, broccoli, cooked quinoa, corn, peas, currants or figs, pumpkin seeds, shredded Parmesan and spinach.

Thanks to Claire Moscrop and [letslassothemoon.com/2014/12/20/mason-jar-recipes](https://letslassothemoon.com/2014/12/20/mason-jar-recipes)



# WHILE YOU'RE COOKING...

## GOOD COMMUNICATION BETWEEN PARENTS AND CHILDREN IS THE FOUNDATION OF STRONG FAMILY RELATIONSHIPS.

- \* Unplug – set family rules to limit electronic use during meals or other family times.
- \* Use teachable moments to share information about healthy choices. For instance:
  - a. Tell your child that only a doctor can prescribe medications, that you only take the medications prescribed to you and that medications should be locked.
  - b. Talk about how advertisers spend a lot of money trying to get people to like and do things that might not be healthy.

## WAYS THIS WILL BENEFIT YOUR CHILD

- \* Talking early and often will make it easier to tackle the tougher subjects later on. Good communication helps you to monitor your children more effectively and be alert to any problems should they arise as your child ages.





WARM FOOD BUILDS WARM RELATIONSHIPS – TRY MAKING THIS RECIPE TOGETHER!

# CROCK POT CINNAMON APPLE OATMEAL

## INGREDIENTS

- 1 cup steel-cut oats
- 1 cup skim milk (or milk substitute, such as almond or soy milk)
- 3 cups water
- 1 cup unsweetened applesauce
- 1 teaspoon cinnamon
- ¼ cup chopped nuts

## EQUIPMENT AND SUPPLIES

- Slow cooker
- Measuring cups and spoons

PREP TIME: 5 MINUTES

COOK TIME: 7 HOURS

## DIRECTIONS

1. Place oats, milk, water, applesauce, and cinnamon into the slow cooker. Stir, cover, and set to low.
2. Cook for 7 hours.
3. Top each serving with 1 tablespoon of the nuts and enjoy! You can also top your oatmeal with 1 tablespoon of raisins, but this will increase the amount of sugar you're eating.

From [kidshealth.org](http://kidshealth.org)



# WHILE YOU'RE COOKING...

## BUILD A WARM AND SUPPORTIVE RELATIONSHIP WITH YOUR CHILD

- \* Regularly discuss shared interests as well as family values and priorities
- \* Engage in activities together such as family meals and community service
- \* Practice being a calm listener
- \* Set aside time devoted just to you and your child – no outside interruptions like phone calls or texts.

## WAYS THIS WILL BENEFIT YOUR CHILD:

- \* As your child matures she will start to become more independent. The stronger your relationship is with your child now, the more she will remember the positive things you have said and done in the future, especially when peer influences become more important.



STEP AWAY FROM THE SCREEN. TAKE THIS TREAT ALONG FOR SOME OUTDOOR ACTIVITY!

## INGREDIENTS

- 4 c. old fashioned oats
- 1 c. rice crispies
- 1 c. + 4 tsp oat flour
- 4 Tbsp brown sugar
- 1 tsp salt
- 1/2 c. ground (milled) flaxseed
- 6 Tbsp oil (grapeseed, olive or coconut)
- 1 c. + 2 Tbsp honey

### *Add-ins:*

- 1 c. raw sunflower seeds
- 1 c. raisins
- 1/3 c. white chocolate chips

# GRANOLA BARS

## DIRECTIONS

Preheat oven to 350°.

Combine dry ingredients in a large mixing bowl and wet ingredients in a separate smaller bowl.

Combine wet and dry ingredients and mix well.

Line a 9x13 pan with parchment paper (do NOT use wax paper).

Pour approximately half of the mixture onto the parchment paper in the pan.

Spread it out then lay a separate piece of parchment paper over top of the mixture.

Using something with a flat bottom press the mixture down firmly.

Cook 15-18 minutes, remove from oven, squish the bars down again.

Let the pan cool for a few minutes and then refrigerate for 10 minutes before cutting. (Repeat directions for second pan)

MAKES 2  
9X13 PANS

[ohsosavvymom.com/2014/02/homemade-allergy-friendly-granola-bars-recipe](http://ohsosavvymom.com/2014/02/homemade-allergy-friendly-granola-bars-recipe)



## JUST AS YOU WOULD NOT LEAVE YOUR CHILDREN ALONE IN A BIG CITY, YOU CANNOT LEAVE THEM UNATTENDED WITH TECHNOLOGY.

- \* The American Academy of Pediatrics recommends no more than 1-2 hours of high-quality screen time per day and screen-free bedrooms for children of all ages as well as screen-free meals.
- \* Devise a technology-use plan for your family and don't be swayed by others, including well-intentioned relatives who want to purchase devices for your children.
- \* Discuss technology with other parents before a playdate; refer to [commonsensemedia.org](http://commonsensemedia.org) for resources and reviews.
- \* Make outdoor play time, reading and hobbies top priorities; studies show excessive media use can lead to problems with attention, school, sleep, and eating, increasing the odds of risky behaviors.
- \* Rewarding children regularly with online activities can affect what they find pleasurable later in life.

### WAYS THIS WILL BENEFIT YOUR CHILD:

- \* Family technology plans help reduce exposure to pornography and misinformation about drugs. Note, the average age of pornography exposure is 11.
- \* Limited and safe technology use provides children more time to develop other skills and the will power they will need to avoid dangerous influences.





SEE IF YOUR CHILD CAN CREATE A SIMILAR SOUP RECIPE FROM OTHER FAVORITE FRUITS AND VEGETABLES

# HONEY CARROT SOUP

## INGREDIENTS

1 lb. carrots, peeled and  
thinly sliced  
2 cups reduced-sodium  
chicken broth  
1 onion, chopped  
1 cup 2% low-fat milk  
1/4 cup honey  
Ground nutmeg  
Minced chives

## DIRECTIONS

Place carrots, onion and chicken broth in large  
saucepan. Cover and simmer over medium heat  
about 15 minutes or until carrots are tender.  
Transfer mixture to blender or processor; blend until  
smooth. Return to saucepan. Add honey and milk.  
Return to simmer. \*Substitute 1 (20-ounce) package  
of frozen sliced carrots, if desired.

### *Serving Suggestion*

Serve hot sprinkled with nutmeg. Garnish with chives.  
May be served chilled, if desired.

[www.honey.com](http://www.honey.com)



# WHILE YOU'RE COOKING...

## PROBLEM SOLVING IS KEY TO HEALTHY DEVELOPMENT

- \* Encourage your child to think his way through situations rather than always providing the answers. Ask questions like, "how could you do that differently?", "what might happen next?"
- \* Read to your child books about adventure and mystery

## WAYS THIS WILL BENEFIT YOUR CHILD:

- \* Problem-solving skills help children stay safe and healthy when presented with situations and choices they will encounter as they grow and become more independent.



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