

HEALTHY HEADLINES
Courtesy of the National Pork Board
Fall 2009

A Return to the Kitchen Table

Back-to-school season means busy schedules, making it hard to fit in homework, soccer practice, and everything in between. When making the adjustment between summer vacation and school, remind clients and friends to make time for activities that keep their family bonds strong, such as setting time aside for family meals and community service projects. Whether gathering together for breakfast, lunch, or dinner, with just a little planning and teamwork, your clients can enjoy family time with ease.

Versatility + Nutrition + Pork = Delicious Meals

Pork is versatile and easy, making it a go-to for a busy school night. And with eight lean cuts of pork to choose from, your clients can feel good knowing they're putting a healthy meal on the table for their family. Pork tenderloin is as lean as a skinless chicken breast, and makes for a nutritious meal that is good for the entire family.¹

This time of year brings a bounty of fresh seasonal flavors that can be incorporated into meals. We've jazzed-up traditional recipes that can be prepared with ease and suit clients looking for satisfaction and nutrition:



Wake up the family with the scent of [Baked Egg with Canadian Bacon, Tomato and Potatoes](#) in the morning. A healthy way to start the day with Canadian bacon in this baked egg dish. Serve with whole grain toast and juice.



The [Greek-Style Pork Pocket Sandwich](#) is a fun and healthy lunchtime solution. A very hot oven quickly creates crisp pork strips for this gyros-style sandwich. Serve with pickled peppers, cherry tomatoes and sweet potato chips.



[Autumn Vegetables and Pork Chops](#): This slow cooker meal is worth the wait. Add sweet flavors of cinnamon and brown sugar to tender pork chops and place in a slow cooker with squash and green peas for a tasty meal ready to serve when you get home. Serve with warm rolls and apple cider for a complete meal.



[Easy Pork Won Tons](#): An easy-to-make dish, this recipe is a perfect way to involve the entire family by having the kids help seal the won tons for a meal that everyone can be proud of creating.

Simplify Household Needs

Families today face such hectic schedules that even basic tasks can be daunting. The solution? Use small amounts of free time to break these tasks up into manageable everyday to-dos. Here are some ideas to give your clients on how to get things done around the house with a daily routine.

- No time to make dinner after work? Use the crockpot! In the morning, combine an economical pork shoulder or savory pork chops and voila! Dinner will be ready for you when you get home from work.
- Take 5 minutes out of the day and straighten up a room in the house, picking a different room each day of the week and everything will be in order by the end of the week. This season challenge all family members to gather clothes and toys that they no longer want from around the house. Then take the excess goods to a local group that serves the needy. This will keep clutter down in the house, while helping the less fortunate.
- Over the weekend, plan out the week's meals. Get input from the entire family on what they'd like for dinner and streamline the week's grocery shopping into one trip. After a long day at school and work, you'll already have an answer to the age-old question, "What's for dinner?" and save yourself a wasted trip to the grocery store.

Cook for a Cause and Health

In 1996 America's pork producers and the National Pork Board established *National Eat Dinner Together Week* as a time to develop and nurture relationships among family members and offer mealtime solutions and resources to get us all back to the dining table. The week has since been renamed *National Eat Together Week* to stress that eating together as a family is important any time of the day whether it is for breakfast, lunch or dinner. Family meals can strengthen ties between family members and improve a family's health. Studies show the benefits of family meals include a higher diet quality, better weight status and positive impact on children's language and literacy skills.²

In the spirit of service and *National Eat Together Week*, September 20-26, 2009, America's pork producers are contributing to Feeding America, the nation's largest hunger relief organization to help those in need share their own family meals. To participate, have your clients visit the TheOtherWhiteMeat.com, beginning at midnight on Sunday, September 20, and print or share a recipe

from the *National Eat Together Week* section. For every printed or shared recipe, five pounds of pork will be donated.

On the Trend Front

While connecting regularly with family, it's just as important spending time connecting with your community. Many people do this by eating local foods and supporting local farmers. In fact, the number of farmers markets in the United States reached approximately 4,700 in 2008, which is almost double the amount there was 10 years ago.³ Consumers can be sure pork farms, no matter what their size, are dedicated to the principles associated with local foods, such as safe food production and positive quality of life in farming communities.

¹ [U.S. Department of Agriculture, Agricultural Research Service. USDA National Nutrient Database for Standard Reference. Release 21. 2008.](#)

² Cason, K. Family mealtimes: more than just eating together. *Journal of the American Dietetic Association*. 2006; 106(4): 532-533.

³ [U.S. Department of Agriculture, Agricultural Marketing Service. Wholesale and Farmers Markets. Farmers Market Growth: 1994-2008, 2008.](#)



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