

Family First Focus Newsletter

January 2021

Volume 10, Issue 9

Written by Paula Belleza Hunter,
Authentic Chef of
The Black Italian Griglia Cucina, LLC
Cooking for you like Family!



theblackitalian.com
info@theblackitalian.com
502.690.8914
Julian 6:35



The Importance of Eating Together as a Family



Busy schedules of both parents and children make it harder to have "family dinners." But families may not be aware of the benefits that come with regularly eating together at the table.

Research suggests that having dinner together as a family at least four times a week has positive effects on child development. Family dinners have been linked to a lower risk of obesity, substance abuse, eating disorders, and an increased chance of graduating from high school.

Eating together as a family encourages family bonding time, communication, and a healthy lifestyle for all members of the family. We encourage you to use our Family First Focus Challenge Activities below to be on your way to a healthier family and a healthier you!

EASY ITALIAN VINAIGRETTE



Try making this recipe together with your children for a family fun night of cooking!

Ingredients

- 1/2 C extra virgin olive oil or canola oil
- 1/2 C rice wine vinegar or white vinegar
- 1 Tb Italian Seasoning
- 1 1/2 tsp garlic salt *
- 1/4 tsp black pepper
- 1 1/2 tsp sugar or 1 packet of stevia or 2 tsp honey
- Optional - pinch or two of red pepper flakes for zesty version
- * Variation: Substitute 1 tsp garlic powder and 1 tsp Jane's Crazy Mixed Up Salt or your favorite flavored salt mix



Directions

1) Pour all ingredients in the jar with a tight fitting lid*

2) Put the lid on and give a good shake for a minute to combine the ingredients.

3) Enjoy on salads, sandwiches or even as a marinade!

4) Store in refrigerator for up to two weeks!

5) Be creative and make variations by using balsamic vinaigrette or fresh basil in your recipe!



Did you know that even sea salt has an average of 400-590 mg of sodium in 1/4 teaspoon? Did you also know that The U.S. Food and Drug Administration recommends you consume no more than 2,300 mg per day, and those with hypertension should limit intake to 1,500 milligrams per day?

Using fresh herbs in place of salt in your recipes will enhance the flavor and reduce the amount of sodium you take in! Always check your labels for sodium count.

If you cannot obtain fresh fruits and vegetables, use frozen options instead. Canned items contain high sodium for preservation. If you have canned items you want to use, rinse them before cooking. Also, you can substitute salt with other flavor enhancers such as one of our favorites, Jane's Crazy Mixed Up Salt.

Family First Focus Challenge Activities

We encourage you to take time to try these different challenges to encourage healthy eating, healthy bonding and healthy family time! Put those phones away, turn that TV off and put your focus on family first! Try these challenges and as an extra challenge, encourage your children to come up with their own questions and ideas!

COMMUNICATION CHALLENGE:

Go around the dinner table and ask how each other's day was. Include the most interesting part and elaborate!

ACTIVITY CHALLENGE:

Go to YouTube and Search for Exercise you can do from Home during Coronavirus

COMMUNITY CHALLENGE:

Men, Women's and Children's socks are always needed at Homeless Shelters
Donate Socks to organizations such as the Home of the Innocents

SUPER CHALLENGE:

If you had a Super Power what would it be:
I would be Peaceful Paula
If anyone would get upset, angry or sad
I would spread peace to bring them at ease.