

KOHL'S
Healthy
at Home



Making the Most of Mealtimes

Mealtimes provide opportunities for all of us to nourish our bodies and make emotional connections with the people we love. For children and teenagers, sharing regular meals with loved ones can:^{1,2}

Increase intake of healthy foods

Promote positive weight status

Strengthen emotional bonds

Improve communication skills

Many of these benefits also extend to parents and caregivers!



Provide exposure to healthy role models

Decrease the likelihood of experiencing mental health issues

Lower the risk of engaging in unhealthy behaviors

MAKE MEALS ENJOYABLE FOR EVERYONE:

- Plan meals in advance to avoid last-minute stress
- Schedule a specific time for meals so everyone can be there
- Turn off electronics during mealtimes

UNIVERSAL CONVERSATION STARTERS:

- What was your rose (favorite thing) and thorn (least favorite thing) about today?
- If you could have a superpower, what would it be?
- What is your favorite book/song right now and why?
- What is something new you would like to learn?
- If you had the opportunity to change the world, what would you do?

References

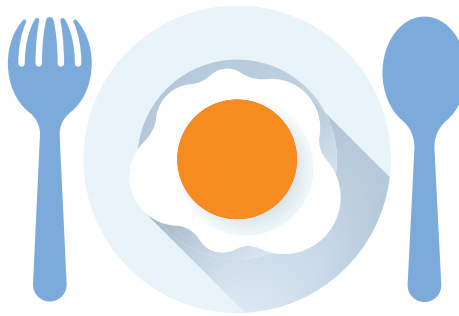
1. Dwyer, L., Oh, A., Patrick, H., & Hennessy, E. (2015). Promoting family meals: A review of existing interventions and opportunities for future research. *Adolescent Health, Medicine and Therapeutics*, 6, 115.
2. Utter, J., Larson, N., Berge, J. M., Eisenberg, M. E., Fulkerson, J. A., & Neumark-Sztainer, D. (2018). Family meals among parents: Associations with nutritional, social and emotional wellbeing. *Preventive Medicine*, 113, 7-12.

KOHL'S
Healthy
at Home

Quick, Healthy Breakfasts at Home or To-Go!

QUICK TIPS

If you're short on time, your child can get a low-cost, healthy breakfast at school; ask the nutrition services department at your child's school for more information



Serve only water, low-fat milk, or 100% juice with breakfast

Let your children help with grocery shopping and preparing quick breakfasts

MAIN DISHES



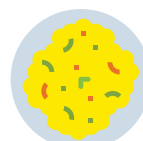
Whole grain waffle, pancake, or toast with peanut/sun butter or fruit toppings (Bonus: Check out our fun animal toast faces [here!](#))

Whole grain bagel with low-fat cream cheese



Oatmeal with cinnamon or fruit on top

Low-sugar cereal (under 6 grams per 1 dry ounce) with fat-free/1% milk



Scrambled eggs, low-fat cheese, and veggies like spinach or peppers



Frozen berries, spinach, low-fat yogurt blended into a smoothie (Bonus: Can take this to-go in a water bottle)

KOHL'S
Healthy
at Home

Quick, Healthy Lunches

QUICK TIPS

Let children help with grocery shopping, budgeting (for older kids), and packing lunches



Include a positive and supportive note in your child's lunchbox to make their day!

If you're short on time, your child can get a low-cost, healthy lunch at school, camp, or at their summer learning program

Serve only water, low-fat milk, or 100% juice with lunch

MAIN DISHES



Build-Your-Own Pizza:
Whole grain English muffin with tomato sauce, low-fat shredded cheese, vegetables

Whole grain crackers with lean meat/tofu slices, low-fat cheese slices

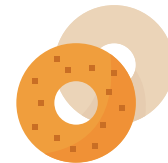
Low-sodium vegetable soup in an insulated container



Peanut/sun butter and berry/banana sandwich with whole wheat bread

Whole-wheat tortilla with low-sodium beans, low-fat cheese, salsa

Brown rice/quinoa/couscous with lean meat, low-sodium beans, edamame, low-sodium teriyaki sauce



Whole grain bagel with low-fat cream cheese

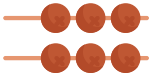
Whole grain waffle sandwich

Whole grain pita bread and hummus

Tuna/chicken salad with Greek yogurt or avocado

Quick, Healthy Lunches *continued*

MAIN DISHES



**Kabobs with chicken/
turkey/ham/tofu cubes,
fruit, vegetables**



**Baked potato/sweet potato
with Greek yogurt, low-fat
cheese, vegetables, salsa**



**Lettuce cup with lean
ground beef/chicken/turkey,
low-fat cheese, salsa**

SNACKS



Whole grain crackers

Pretzels

Trail mix

Baked chips



**Whole wheat graham cracker
with peanut/sun butter or
low-fat cream cheese**

Low-fat string cheese

No-sugar-added apple sauce



**Fruit cup in water or
100% juice**

Whole grain cereal

Dried fruit/raisins

Air-popped popcorn

FRUITS/VEGETABLES



**Celery or carrot sticks with
Greek yogurt dip**

**Cookie-cutter shape
cucumbers, apples, pears,
kiwi, melon, or zucchini**



**Small garden salad with
fresh greens, tomatoes,
carrots**

**Small fruit salad with
berries, bananas, grapes**



Edamame/snap peas

Orange or apple slices

Banana

KOHL'S
Healthy
at Home

Tips to Eat More Fruits and Veggies

Did you know that kids and adults should eat at least 5 servings of fruits and vegetables a day? Below are some simple tips from parents and nutrition experts to help your family enjoy more fruits and veggies every day:

Bake veggies like asparagus in the oven to make them crispy!

Jen, parent of a 7 and 9-year-old

Add peas to mac and cheese!

Nick, parent of a 5-year-old

Find out your kids' favorite fruits and vegetables and when they ask for a snack, offer those first!

Reed, grandparent of a 13-year-old

Try a veggie pizza with a cauliflower crust!

Anna, parent of a 6-year-old

It can take up to 12 introductions to a food before a child will accept it, therefore, keep trying!

- Add a side of fruit to your breakfast or top whole wheat pancakes, toast, or oatmeal with fresh fruit – check out our fun animal toast faces [here!](#)
- Add grated vegetables like zucchini and carrots to dishes like lasagna, meatloaf, pasta, and mashed potatoes
- Stack your sandwich with veggies like cucumbers, bell peppers, tomatoes, onions, and sprouts
- Grab an apple, banana, or orange for an on-the-go snack
- Enjoy a fresh garden salad with leafy greens or spinach leaves, cherry tomatoes, carrots, and cucumber, or a tasty fruit salad with apple slices, grapes, banana slices, strawberries, and blueberries
- Blend frozen berries and veggies like carrots or spinach with non-fat yogurt for a quick, healthy smoothie treat!
- Keep fruits and vegetables in places where they are easy to access, like in a bowl on the countertop or at eye-level in the refrigerator

KOHL'S
Healthy
at Home

8 Tips to Stay Hydrated

Is your family drinking enough water? Given that most processes within our body are dependent upon water, we need to stay hydrated with 4-8 cups of water every day to be healthy and focused. Here are some simple tips for staying hydrated throughout the day:

Keep water handy in a reusable water bottle
(Bonus: Let kids pick out their own water bottle!)

Try drinking a glass of water with every meal

Jazz up water with a squeeze of lemon or lime juice or by adding fruit slices/frozen berries

Low-fat milk, fruits, and veggies are also good sources of water!



Don't wait until you are thirsty to drink; being thirsty means you are probably already dehydrated

Drink more water when it is hot and when you are sick or physically active

Replace sodas and sugary sports drinks with sparkling water

Adults and teens can encourage younger children by drinking water with them

KOHL'S
Healthy
at Home

Healthy Corner Store Swap!

Sometimes it's easiest to shop for foods and beverages at corner stores, convenience stores, or gas stations. Whether you are grocery shopping or grabbing an on-the-go snack, look for healthier options at these stores and consider requesting options you don't see available yet from the store owner or manager. For great ideas, see our handy [Smart Snacks Calculator](#) and check out our healthy swap suggestions below:

SWAP THIS

FOR THIS

TO MAKE A BALANCED MINI MEAL, COMBINE ITEMS FROM EACH OF THE BELOW CATEGORIES IN THIS COLUMN

PROMOTE YOUR PROTEIN!



- | | | |
|--------------------------------|---|---------------------------|
| ✗ CHEESY CHIPS | ▶ | ✓ Low-fat string cheese |
| ✗ FLAVORED YOGURT OR ICE CREAM | ▶ | ✓ Plain Greek yogurt |
| ✗ SALTED SEEDS OR NUTS | ▶ | ✓ Unsalted seeds and nuts |
| ✗ HOT DOG | ▶ | ✓ Hard-boiled eggs |
| ✗ CHICKEN NUGGETS | ▶ | ✓ Packaged tuna |

UPGRADE YOUR GRAIN!



Tip: check the label for "whole grain" or "whole wheat" as the first ingredient.

- | | | |
|----------------|---|--|
| ✗ CANDY BAR | ▶ | ✓ Whole grain granola bar |
| ✗ DONUTS | ▶ | ✓ Whole grain cereal |
| ✗ POTATO CHIPS | ▶ | ✓ Whole grain crackers |
| ✗ PIZZA | ▶ | ✓ Turkey/ham sandwich on whole wheat bread |

FIND A FRUIT OR VEGETABLE!



- | | | |
|----------------------------|---|---|
| ✗ FRUIT CHEWS/FRUIT SNACKS | ▶ | ✓ Apple slices or whole apple, banana, orange |
| ✗ CANDY | ▶ | ✓ Fruit cup in water or 100% juice |
| ✗ CHIPS AND DIP | ▶ | ✓ Small bags of vegetables with hummus dip |

BETTER YOUR BEVERAGE!



Tip: some beverages offer calorie information on the front of the can/bottle.

- | | | |
|------------------------------|---|---|
| ✗ SODA POP | ▶ | ✓ Bottled/sparkling water with no added sugar |
| ✗ FRUIT DRINKS/SPORTS DRINKS | ▶ | ✓ 100% juice |
| ✗ CHOCOLATE MILK | ▶ | ✓ Low-fat/1% plain milk |
| ✗ SWEET TEA | ▶ | ✓ Unsweetened tea |

References

1. American Heart Association. (2018). Healthy dining in convenience stores? Retrieved from: <https://www.heart.org/en/news/2018/08/23/healthy-dining-in-convenience-stores>
2. Partnership for a Healthier America. (2019). Healthy convenience store meals for when you're on the go. Retrieved from: <https://www.ahealthieramerica.org/articles/healthy-convenience-store-meals-for-when-you-re-on-the-go-233>