

Speedy Sheet Pan Dinner

Theme Overview: Sheet pan dinners have gained in popularity over the past few years and are considered the biggest dinner trend of the year. Sheet pan cooking uses a roasting method (cooking with heat from above and below) and is an easy way to make a delicious meal out of almost anything. Season and assemble ingredients on a single sheet pan and pop it in the oven for a fantastic meal. Your protein and vegetables can be cooked on the same pan, promoting easy cleanup.

A sheet pan is a rectangular baking pan with a flat, large surface area baking surface and a raised rim all the way around the pan. It's typically made of aluminum and commonly offered in three different sizes: full sheet pans, half sheet pans, and quarter sheet pans. The beauty of sheet pan cooking is that it can be made for a family of 2 or 6. You can always use two sheet pans (or even a pizza pan in a pinch) for more cooking surface.

You can customize your sheet pan meal with your favorite veggies and proteins or consider trying a meatless roasted veggie meal. It is best to pair ingredients that have the same general cooking time. You can always choose to cut veggies that take longer to bake in small pieces and quick-cooking veggies can be left in large pieces. Another tip is that slower-cooking items can be started 10-15 minutes before you add the other items.

Food allergies: Recipes can be modified to accommodate food allergies and preferences.

Reporting Changes This Month: Food, Fun, 4-H funding has been provided through the Walmart Healthy Habits Grant. If you did not complete the electronic survey link provided last month, please take a few minutes to complete:

Oklahoma State University – Walmart Healthy Habits Grant – Youth Survey https://4hcouncil.co1.qualtrics.com/jfe/form/SV_bP00Vh5eShgLpmR

We are sad that this is our last month of Food, Fun, 4-H. We hope this has been a fun and learning experience for you and your family. Please send us your photos to: healthyliving@okstate.edu by September 14, 2020. Use “Food, Fun, 4-H” in the email subject line. Emails must include the following information:

- 1 photo of 4-H member preparing one of the dishes
- 1 photo of the family meal
- Include member(s) name and county in the email

Please tell us about your Food, Fun, 4-H experience and your interest in participating next year here: <https://forms.office.com/Pages/ResponsePage.aspx?id=HclpKknoNE6iMM34sn4ZZN0yxZ7o-mdGpYqVG0yKLkZUNeT RODg0STIUMEIRSIZKTFpERkhCRVRQMi4u>



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Dinner Conversation Topics:

- What is your favorite food?
- What is your greatest talent or ability?
- What is the nicest thing a friend has ever done for you?
- What is your favorite smell?
- What is one new food you would like to try?

Family Physical Activity Ideas:

- Consider having your family establish a weekly physical activity goal together
- Involve the whole family in end of summer yard work
- Hold a hula-hoop contest



How to Pack a School Lunch

Source: www.whilehewasnapping.com

A Main Course

Sandwich
Hot Dog
Meat Rolls
Pizza Pretzel
Quesadilla
Tuna Salad & Crackers
Tortilla Roll Ups
Muffin Pot Pie
Pizza Muffin
Pita & Hummus

A Fruit or Vegetable

Orange Segments
Apple Slices
Pineapple Chunks
Mandarin Oranges
Carrot Sticks
Cucumber Sticks
Celery Sticks
Jicama Sticks
Cherry Tomatoes
Grapes

Peach Slices
Banana Coins
Green Beans
Fruit Cocktail
Dried Fruit
Pepper Slices
Broccoli
Cauliflower
Pear Slices
Watermelon

A Snack

Cheese
Pretzels
Popcorn
Craisins
Boiled Egg
Rice Cake
Crackers
Pickle
Trail Mix
Cereal
Yogurt

A Drink

Water
Juice
Lemonade
Capri Sun
Fruit Water

A Treat

Fruit Snacks
Cookies
Brownie
Fruit Leather
Candy

Tips for Success

Make substitutions and additions as desired.

High protein foods will help kids stay fuller longer.

Choose one item from at least three categories.

Don't forget to seal all the zipper bags.



parent tips

Secrets to Making Healthy and Fun School Lunches

Make a healthy lunch that your kids will look forward to eating.



Pick a theme

Tap into your kids' creative side by following a theme.

- **The dip:** Cut a baked chicken breast into strips, and pack them with honey mustard for dipping. Add carrots and broccoli to dip in fat-free or low-fat ranch dressing.
- **Backwards:** Make an inside-out sandwich using lettuce to wrap turkey, fat-free or low-fat cheese, and tomato.
- **Mexican food Mondays:** Let your child build healthy burritos or tacos with: whole-wheat tortillas, lettuce, fat-free or low-fat sour cream, salsa, brown rice, and beans (not refried).

Keep it interesting

Pack a small amount of many foods. Use lots of containers or a bento-type lunch box to keep things interesting. Bento boxes are lunch boxes with lots of small containers or places for different types of food. They're a fun way to offer healthy foods. Cut sandwiches into fun shapes, add colorful fruits and vegetables in different sizes, and pack yummy dips such as fat-free or low-fat yogurt or hummus.

Skip the white bread

Mix it up. Use whole-grain breads, pitas, and tortillas. And try new fillings.

- If your child loves PB&J, make a peanut butter and banana roll-up. Spread peanut butter on a whole-grain tortilla, add a sliced banana, and roll!
- Fill a pita with your kid's favorite veggies. Add hummus for flavor.
- Spread pizza sauce on a whole-wheat tortilla, add low-fat or fat-free mozzarella cheese, then melt, roll, and slice.

Mix up the sides

Go past pretzels!

- Dip apple slices in honey.
- Pack snap peas, sliced bell peppers, or cucumbers for color and crunch!
- Add some variety with air-popped, low-fat popcorn.

Don't forget—juice and sodas can be high in sugar and calories. Instead, pack water or fat-free or low-fat milk.

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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