

# Nutrition Reboot: As COVID Era Drags On, Family Meals Don't Have to Get Stale

*Getting kids involved in the kitchen teaches valuable skills, takes burden off of parents and is fun!*

American Dairy Association Mideast

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## SOUNDBITES

<b>CG: Lisa Andrews, MEd, RD, LD</b>	<p>Andrews says this is a good opportunity to teach kids cooking skills: <i>"While this is really stressful, I think it's a great opportunity for people to learn and teach their kids as they grow. And, hopefully they're learning some skills that they can take with them when they leave the house, if we ever leave the house."</i></p> <p>Andrews gives examples of nutritious staples to keep around: <i>"Fresh fruits and vegetables, string cheese is pretty popular in our house because it's something that my kids can grab and go with some crackers or a piece of fruit. A cup of yogurt is great. So, anything that's convenient, I think, is what it's all about right now."</i></p> <p>Andrews says dairy is important part of a balanced diet, especially for her teenagers: : <i>"Dairy is both, you know, nutritious and affordable and provides nine essential nutrients, including calcium and vitamin D and protein. And, for me, I have two teenagers, and so it's really important for their bone health and blood pressure, which may be rising probably more important for me right now, to get enough calcium and vitamin D in their diet, as well as protein."</i></p> <p>Andrews says teaching kids to cook gives them confidence and takes burden off of parents: <i>"It gives your kids some confidence in the kitchen. So, when they are out of the house, they know what to do. They know how to cook something on their own. It also lessens the burden on working parents. So if your kids are able to prepare something small or if they have something available in the refrigerator that they can kind of grab on their own, I think that's really important too."</i></p>
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**CG: Lisa Andrews, MEd, RD, LD**

Andrews says meals don't have to be gourmet, but should taste good:

*"It doesn't have to be gourmet, but it should taste good. I mean, the number one reason people eat is for taste. And, so I want to make sure that, you know, my family is eating things that they like to eat, but they're also getting, you know, the most nutritional bang for their buck."*

Andrews says her daughter loves whipped coffee and it gives her a serving of milk:

*"My daughter has become this big whipped coffee fan. So, I know if she hasn't had breakfast, at some point she's going to come downstairs and make herself a whipped coffee. And then I know at least she's got, you know, a full serving of milk."*

Andrews gives some creative options for quesadillas:

*"If you don't have vegetables, you could always use salsa. Or, we've even made quesadillas before with apples. So, we've used like Granny Smith apples and cheese, and made a sort of like a cheese and cheddar quesadilla, which is pretty delicious."*

Andrews says keep some convenient and versatile spices and sauces around:

*"I keep things like squeeze ginger and jars of pesto. And, I call it jarred garlic, "jarlic," because it's easy and convenient, and it can season vegetables or other dishes really easily."*

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