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## **A TIP A DAY ALLOWS MORE TIME FOR FAMILY TO PLAY!**

This year during *National Eat Together Week* (celebrated September 20 – 26), take some time to be with your family. Whether it be eating together, giving back together, or just hanging out together, the National Pork Board has come up with some tips and time-savers to get your family to re-connect during this busy season.

### **Family Give Time**

Helping others is a great way for families to spend time together. Try “giving back” with these ideas:

- **Back the Food Banks.** There’s no better time than mealtime to talk about how to help the hungry. For an easy start, visit [www.TheOtherWhiteMeat.com](http://www.TheOtherWhiteMeat.com) to learn about the partnership between America’s pork producers and Feeding America, a charitable organization with a national network of food banks. Starting September 20-26, for each recipe printed or shared within the special *National Eat Together Week* section of the Web site, America’s pork producers will donate five pounds of pork to a food bank in need.
- **Soup’s Up!** Identify a local soup kitchen in the area where the family can volunteer. Ask the kids why serving food to those in need is important to trigger their desire to get involved.
- **Kid-friendly Kindness.** Ask each child to list a task they can easily complete – raking leaves, visiting with an older neighbor, helping a sibling – and challenge them to complete it as a kindness for someone else by the end of *National Eat Together Week*.

### **Family Play Time**

With all that’s on a family agenda, it’s hard enough to find time to enjoy a meal together – much less anything else! Use *National Eat Together Week* as inspiration to commit to an activity together that takes you beyond the table, too.

- **Get a Head Start.** Encourage computer wizards to find new recipes online ([www.TheOtherWhiteMeat.com](http://www.TheOtherWhiteMeat.com) is a great place to start!) and help with family meal planning for the next week. When heading to the grocery store, let kids help comparison shop to find the lowest prices.
- **Ride On!** Take the bikes for a spin, and enjoy a nice day. Pack a picnic lunch and an outdoor game to enjoy in the grass.
- **Go Green.** Get out the rake and gardening tools and find someone who could use some free yard work. Everyone can pitch in and help.
- **Local Love.** Head to a local farmers’ market to check out what’s in season now. Let the kids pick out a new vegetable or fruit and talk to the farmer about how they grew it.

## **Family Meal Time**

To maximize family mealtime, do your “homework” and plan ahead. Sitting down once a week to map out a meal plan and make a grocery list will save time and money on rushed weeknights. Take the opportunity to prepare the night before, so that you can spend more time as a family.

- **A.M. Prep.** Mix a marinade in a self-sealing plastic bag, throw in chops or tenderloins and set in the refrigerator. Come dinnertime, take the cut out and choose a preferred preparation: baking, sautéing, grilling, etc.
- **Crock It!** Combine economical pork shoulder with seasonings and favorite vegetables in the morning, throw it in the crock pot, and dinner will be ready for you when you get home.
- **Bacon Bites.** Cook bacon the night before and freeze. Then reheat a few slices in the microwave to complete a morning meal. Or, pre-chop cooked bacon and ham and store in the refrigerator to sprinkle into scrambled eggs.

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