

Among the most lasting and powerful traditions in family life is one that seems to have more influence than almost any other – the family meal. Recalling your favorite family experiences usually leads to thinking of such times as the weekly Sunday meal, family mealtimes during Thanksgiving or other holidays, or a Saturday morning breakfast with Mom or Dad. Why are family meals so powerful? Sharing a family meal provides an experience that touches all of our senses – sight, touch, taste, smell and listening to warm laughter or good conversation. Family meals help provide a regular, consistent opportunity to create a shared experience that is meaningful and offers a sense of belonging to all. Research has shown that regular and meaningful family meals offer a large variety of benefits to children and parents.



RECIPE FOR FAMILY MEAL PREPERATION

1. Plan a menu and buy the ingredients.
2. Cook.
3. Set the Table.
4. Thank God for your delicious meal.
5. Eat and enjoy each other's company.
6. Cleanup.

Everyone can pitch in and help at every step!

OVER=>

HOW TO MAKE CROCK POT MACARONI AND CHEESE

Ingredients

- 16 ounce Large Elbow Macaroni
- 12 ounces Velveeta Cheese, cut into cubes
- 16 ounces shredded sharp cheddar cheese, divided
- 1-12 ounce can evaporated milk
- 1 cup half and half or milk
- 1 teaspoon salt
- 1 teaspoon pepper

Directions

1. Boil macaroni for 5 minutes, drain and put into the crock pot.
2. Add 12 ounces of the shredded sharp cheddar cheese, reserving 4 ounces.
3. Add the remaining ingredients to the crock pot and stir well.
4. Cook on low for 2-3 hours or until the macaroni is cooked through.
5. 30 minutes before the end of cooking time add the remaining 4 ounces of sharp cheddar to the top of the mac and cheese.
6. Cover the crock pot and cook until the cheese is melted.
7. Turn the crock pot to the warm setting and serve as needed.