



There's Nothing Like a Sunday Family Dinner

Imagine families getting together every Sunday, after church, sitting around the dining room table talking about their week and not only sharing a meal together but their lives. I love the conversations my family and I have at the table. This has become a time to turn off the rest of the world and be just us.

Food, security and love: that is what family mealtime is really about. Our hectic lives have made dinner time into a fast food caloric refuel-

ing. Recent academic studies prove eating as a family is directly correlated with improved grades, and less involvement with drugs, alcohol and sexual activity among teens. This is in addition to improved nutrition and fewer eating disorders.

A Sunday family dinner is a worthwhile ritual that brings everyone closer together. It is the perfect time to have uninterrupted discussions. Schedule one for next Sunday and see the benefits.



Orange Glazed Baked Ham

"Easter ham, basted with orange glaze, and made with a tasty honey-mustard sauce."

Ingredients

- 1 (3-4-pound) fully cooked boneless cured ham
- 1 cup orange juice
- 1/4 cup firmly packed brown sugar
- 1/4 cup country-style Dijon mustard
- 1/4 cup honey
- 1/2 tsp. liquid smoke

Directions

1. Heat oven to 350F. Place ham into ungreased 13x9-inch baking pan. Pour orange juice over ham.
2. Combine remaining ingredients in medium bowl. Spoon sauce over entire ham; bake, basting every 15 minutes with pan juices, for 70 -80 minutes or until heated throughout. Serve ham with pan juices.

Quick Cloverleaf Herb Rolls

"Using frozen bread dough is a quick creative way to make dinner rolls."



Ingredients

- 1/4 cup butter, melted
- 1 Tbs. chopped fresh parsley
- 1 1/2 tsp. chopped fresh rosemary
- 1 1/2 tsp. chopped fresh thyme leaves
- 1 (1-pound) loaf frozen bread dough, thawed

Directions

1. Cut bread dough into 36 (about 1-inch) pieces using kitchen shears.
2. Shape each piece into a ball; roll in herb mixture. Place 3 balls in each of 12 ungreased muffin cups. Cover; let rise until double in size (about 30 minutes).
3. Heat oven to 400 F. Bake for 15 to 20 minutes or until golden brown. Note: If using dried spices, use only 1/2 tsp. of each.

SUNDAY SLOW COOKER COLLECTION



Crock Pot Corn on the Cob with Garlic Herb Butter

"This delicious side will quickly become a family favorite!"

Ingredients

- 1/2 cup (1 stick) unsalted butter, at room temperature
- 3 to 4 cloves garlic, minced
- 2 tablespoons finely minced fresh parsley
- 4 to 5 ears of corn, husked
- Salt and black pepper, to taste

Directions

1. Thoroughly mix butter, garlic and parsley in small bowl.
2. Place each ear of corn on a piece of aluminum foil and generously spread butter on each ear. Season corn with salt and pepper and tightly seal foil.
3. Place corn in Crock pot or slow cooker; overlap ears, if necessary. Add enough water to come 1/4 of the way up each ear. Cover; cook on LOW 4 to 5 hours or on HIGH 2 to 2 1/2 hours or until done.

Here are seven easy steps to successful family mealtimes: **Make this a family priority.** Involve the whole family: the more involvement, the more excitement and commitment by everyone.

Sit around a table. The table because it is the most comfortable seating, inviting people to relax, linger and connect.

Keep conversation easy. This is not a time for lectures or nagging.

Turn down the volume. When it is time to sit down to the table, turn off the television, video games,

and telephones; listen to each other.

As a parent, your place is at the table. You are not a waitress or short-order cook. That means simple food, family participation in preparation and only one menu.

Start mealtime with a ritual or family tradition. A very simple gesture which has the magic of ritual is to simply pass the food around the table, family-style, rather than self-serve.

Use this golden time to teach by example.

Lead by example when teaching table manners and conversational skills, such as listening and taking turns speaking.



FOOD

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Rancher's Reserve Boneless Beef Top Round London Broil
SAVE up to \$2.50 lb.

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Fresh Assorted Pork Loin Chops
Bone-in. Mixed steaks and chops.
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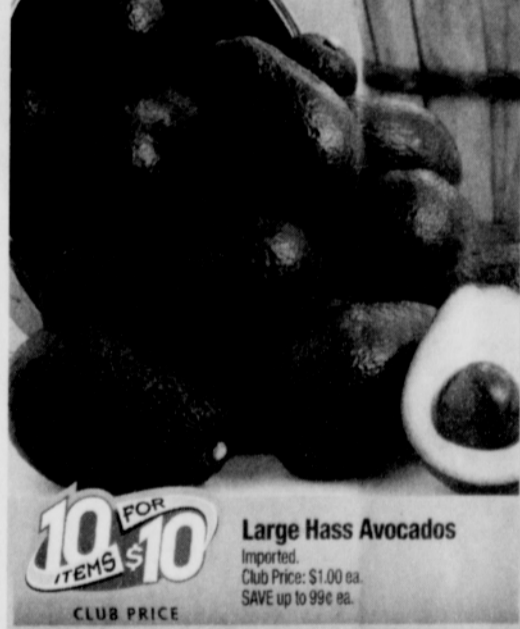
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Basa Fillets
Or choose Tilapia Fillets. Frozen/thawed.
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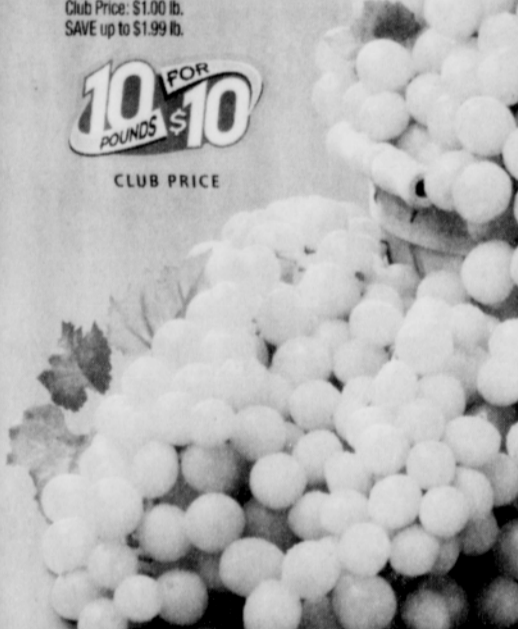
10 FOR ITEMS \$10
CLUB PRICE

3-lb. Bag Yellow Onion or 5-lb. Bag Russet Potatoes
Club Price: \$1.00 ea.
SAVE up to 99¢ ea.



10 FOR ITEMS \$10
CLUB PRICE

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SAVE up to 99¢ ea.



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CLUB PRICE

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10 FOR ITEMS \$10
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\$10 Purchase

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\$10 Purchase

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