



Cooking to THRIVE

Healthy Eating and Recipes



A THRIVE Parenting Resource



THRIVE Initiative Overview

The THRIVE Initiative is designed to empower parents from the birth of their children until their children are 18 years old. THRIVE includes four age-specific programs: Take Root (0 to 3 years), Sprout (3 to 5 years), Grow (5 to 10 years), and Branch Out (10 to 18 years).

THRIVE Initiative Program Areas			
Take Root	Sprout	Grow	Branch Out
Infants & Toddlers (0 to 3 years)	Preschool (3 to 5 years)	Grades K - 5 (5 to 10 years)	Grades 6-8 (10 to 14 years)
			Grades 9-12 (14 to 18 years)

Each THRIVE program guides parents as they learn and use parenting skills that are based on science, so they can encourage positive youth development and resiliency across their child's lifespan. The Initiative focuses on three topic areas: 1) positive parenting practices, 2) parent and child stress management, and 3) strategies for promoting child physical health.



For more information, contact:
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COOKING TO THRIVE

Welcome to Cooking to THRIVE!

This cookbook was created to help you promote healthy eating among your family members and increase the time you spend together as a family.

In this cookbook, you will find recipes for breakfast, lunch, dinner, and snacks. To allow you to spend more time being active with your family, the recipes listed require minimal preparation and cook time. The recipes are focused on increasing variety, including fruits, vegetables, and whole grains and eliminating added sugars.



As you read the following pages, you will learn how to color your plate using fruits and vegetables, proteins, whole grains, and dairy. You will also find simple tips to help you add your own healthy flare to each recipe and meal. Get ready to have fun in your kitchen!

The next few pages display one week of sample menus for breakfast, lunch, and dinner followed by recipes. Then you will find helpful tips for snacking, choosing healthy beverages, shopping for groceries, and making time for family meals. Finally, information is presented on each food group including serving sizes, why each group is important, and tips for including a variety of foods from each group.

Let's get started!