

Let's lunch and learn!

October 2025

If you participate in the State Health Plan, you can find a nutritionist near you by logging into your Aetna account.

Dietician visits are covered at 100 percent when an in-network provider is used. Visit www.shpnc.org to learn more.

For future Worksite Wellness Lunch and Learn events or recordings of previous events, visit oshr.nc.gov/wellness-webinars.



Making Healthy Food Fun!

Holiday Foods Edition!

By Katie Godin, RD, LDN



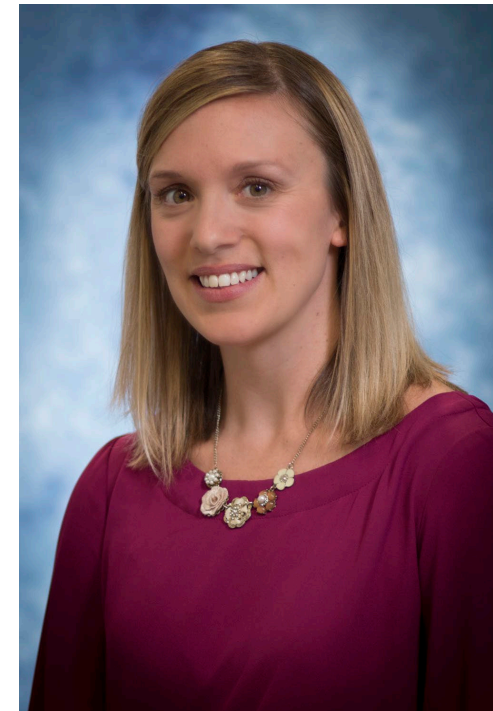
Katie Godin, RD, LDN



Evidence-based Lifestyle Modification
and Medical Nutrition Therapy

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
 - Weight Management
 - Women's Health
 - Sports Nutrition
 - Chronic Disease Counseling
 - Bariatric Support
 - Smoking Cessation
 - Sleep Assessment and Stress Management

<https://lifestylemedicalcenters.com/>



Benefits of Making Food FUN!

- Can aid with selective eating habits
- Builds a positive relationship with food
- Can develop healthy eating habits at an early age
- Can make meal prep more engaging and exciting
- Can pull you out of food ruts
- Can help you reconnect with the enjoyment of eating
- Studies show that enjoying meals can improve digestion, reduce stress, and build stronger relationships.



Why Does Meal Time Fun Fade?

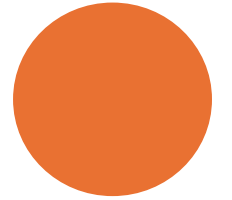
- Busy Schedules
- Feelings of food being “off limits”
- Repetition with meals
- Disconnected eating habits (Ex. Eating while distracted)
- Eating alone
- Some studies show up to 1/3 of families sit in silence at dinner.



<https://studyfinds.org/dinner-no-conversation-third-of-families-sit-in-silence-while-eating-shock-survey-reveals/>

Simple Solutions = More Enjoyment!

- Meal planning creativity
 - Theme Nights
 - Mystery Box (full of ideas family puts in)
- Cook together
- Playful plating
- Picnic (indoors or out!)
- Change your scenery!
 - Think soup by the fire ☺



Adding FUN to your plate!

- Color variety
- Play with shapes
- Edible containers (think pepper / zucchini boats)
- Layer / Stack
- Mini vessels (jars / ramakins for dips)
- Try fun containers (Muffin tins , fun mini bowls)
- Fun Bento Box creations

Recipe: <https://www.skinnytaste.com/mini-bell-pepper-loaded-turkey-nachos/>



Beyond the Plate: Creating a FUN Atmosphere!

- Let kids design the table
- Get fun candles / lighting
- Try fun utensils
- Try soft music in the background
- Incorporate games into dinner (Would you rather, Finish the story, Conversation jar)



<https://www.activekids.com/parenting-and-family/articles/table-talk-conversation-starters-for-family-dinner-fun>

Fun Holiday Themed Foods!



RECIPE : <https://www.eatingwell.com/article/2060632/this-5-ingredient-caprese-candy-cane-board-is-the-cutest-holiday-appetizer/>

Mandarin Pumpkins

RECIPE

<https://www.allrecipes.com/recipe/260519/mandarin-pumpkins-healthy-halloween-snack/>



Frankenstein Guacamole

RECIPE

[Spooky Frankenstein Monster
Guacamole - On My Kids Plate](#)



Layered Greek Hummus

RECIPE

<https://therealfooddietitians.com/healthy-dips/>



Roasted Veggie Snack Plate

RECIPE

<https://www.twoofakindcooks.com/roasted-vegetable-platter/>



Turkey Themed Veggie Tray

RECIPE

<https://lilluna.com/turkey-veggie-tray/>



Peanut Butter Fruit Dip

RECIPE:

<https://therealfooddietitians.com/peanut-butter-yogurt-fruit-dip/>



Caprese Wreath

RECIPE:

<https://itsnotcomplicatedrecipes.com/caprese-christmas-wreath/>



Whipped Feta with Pistachio's and Pomegranate

RECIPE:

<https://www.eatingwell.com/whipped-feta-with-pomegranate-pistachios-honey-8363218>



Christmas Tree Cheese Plate

RECIPE:

<https://homeiswheretheboat.net/2016/12/16/christmas-tree-cheese-board-and-easy-holiday-appetizers/>



Grinch Fruit Kabobs

RECIPE:

<https://ameessavorydish.com/grinch-fruit-kabobs/>





Let's Cook!

Spooky Frankenstein Monster
Guacamole - On My Kids Plate

