

Mr. and Mrs. Doitall had very busy lives.

Mrs. Doitall was a full-time nurse working shifts and Mr. Doitall was a Vice Principal at a local high school. They had three little Doitalls that were all involved in sports and music.

The Doitalls were very health conscious. They loved each other and wanted to provide their family with an active, healthy, nutritious lifestyle.

Mr. and Mrs. Doitall wanted to have fresh, flavorful, sit-down dinners with their family. They understood that family meals would provide them with a time to check in with each other and find out what was going on in each other's lives. Mr. Doitall was aware, from working with children, that those children who felt grounded in their home life performed better at school. Mrs. Doitall wanted her children to learn how to put a healthy meal together from basic ingredients--a skill she knew would benefit their health for the rest of their lives. However, they realized that not only were sit-down meals not happening, they were depending more and more on fast and processed meals every day.

Mr. and Mrs. Doitall decided right then and there to make food a priority in their home. They would work together and get their children involved so that they would learn the value of great food. They may not have every meal together, but they would strive to have a few relaxed meals as a family every week.

Mrs. Doitall took on the role of planner, she used the book **Cook—You Can Cook Fast, Healthy Meals For Your Family**, by author **Deborah Anzinger**. Mr. Doitall shopped, and all the little Doitalls were given a role in the kitchen.

The Doitalls found they were enjoying many more fresh, flavorful, family meals and, to Mr. and Mrs. Doitall's delight, before long each of the little Doitalls rose to the responsibility of making a meal themselves for their family.