

Budget Friendly Family Fun

Intro: Family fun can be found anywhere, even in your own backyard. These days, enjoying one another's company on a budget is even more important for families. So take a break from the ordinary and settle into the comforts of the best playground around – the home!

Following are a few entertaining at-home activities that the entire family can enjoy without dipping into savings. Make it silly and lighthearted, and above all, a special moment to bond with the kids and enjoy quality family time.



- **Explore the Great Indoors.** Everyone loves a good scavenger hunt! Divide the family into teams for a race to see who can find the most items on a list first. Don't forget to have prizes for the winners! Better-for-you treats, such as Dark Chocolate Nestlé Raisinets, which provide real fruit antioxidants with 30% less fat than the leading chocolate brands, are perfect for kids and adults alike.
- **Switch it Up with Backwards Day.** Shake up the evening routine by doing everything backwards. Put on your comfy pajamas right after school and even flip them backwards or inside out. Get together for a board game with a twist and move the pieces from finish to start. Then finish off the evening by having breakfast for dinner or eating dessert as the first course.
- **Create a Backyard Obstacle Course.** Collect some old produce boxes from your local grocery store; they're usually available free of charge. Then, stagger the boxes on your lawn for the kids to run through in different patterns. Set up a backyard bowling game with recycled empty bottles just before the finish line. You can add other obstacles such as a limbo stick, hopscotch with ropes or anything else you like from materials around the house – the sky is the limit!
- **Make Dinner a Family Affair.** Research consistently shows that families who regularly eat together are closer and happier than those who don't. Try a one-pot dish such as this White Chicken Chili made with fiber-rich beans, tender chicken and creamy Nestlé Carnation Evaporated Milk for a hearty dinner ready in 30 minutes or less.

Call to action: For more budget-friendly family recipes and activities, visit Meals.com or NestleFamily.com.

WEEKNIGHT EATS: WHITE CHICKEN CHILI

(Makes 8 servings – about 1 cup each)

- 1 tablespoon vegetable oil
- 1 1/2 pounds boneless, skinless chicken breast tenders
- 1 medium onion, chopped
- 1 clove garlic, chopped
- 1 tablespoon ground cumin
- 1 1/2 teaspoons ground coriander
- 1 to 1 1/2 cups mild salsa verde
- 1 can (15 ounces) cannellini beans, drained
- 1 can (15 ounces) pinto beans, drained
- 1 cup water
- 1/2 cup loose-pack frozen corn

- 1 can (12 fluid ounces) Nestlé Carnation Evaporated Lowfat 2% Milk
 - 1 cup fresh spinach leaves
- Baked tortilla chips and light sour cream for serving (optional)

HEAT oil in large saucepan over medium-high heat. Add chicken; cook on each side until golden. Transfer chicken to plate; cover.

ADD onion to same saucepan. Cook, stirring occasionally, until translucent. Add garlic; cook for 30 seconds. Stir in cumin and coriander; cook for 30 seconds. Stir in salsa verde, cannellini beans, pinto beans, water and corn. Cook for about 10 minutes or until hot.

CUT or shred chicken into bite-size pieces and add to saucepan along with any accumulated juices on plate. Stir in evaporated milk and spinach; cook for a few minutes just until heated through and spinach is slightly wilted. Serve topped with crumbled tortilla chips and dollop of sour cream.

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