

# Food for Thought

January 2018

## Tips for Sticking to New Year's Resolutions

We all make New Year resolutions thinking, "This will be the year I change. I'm going to exercise more, eat healthy and lose weight." The list goes on. Then, February comes and we find ourselves either laughing or perhaps upset we didn't succeed in achieving our goals.



It seems making resolutions and keeping them are two completely different things all together. How can we make resolutions stick throughout the year for beneficial change? Try to follow these guidelines when picking a New Year's resolution:

1. **Choose a few things you'd like to change, less than five is ideal.** The more things you try to change in a small time frame the less likely you are to keep moving forward with your new behaviors.
2. **Make your resolutions with a smart brain.** Smart brain meaning setting goals that are logical, maintainable, and realistic. If you're thinking about results to last a lifetime, it needs to be in one of those three categories.
3. **Try a new resolution that you haven't tried in the past.** If you had great idea in 2015 or 2016 and you didn't succeed, don't try it again the same way. We do what is comfortable and habitual; reprogram your thinking with a new resolution.
4. **Work in small time blocks.** Keep yourself focused on getting your new behavior completed in a week, then build to two weeks and so on. This way you can see the small steps are moving to a larger timeframe.
5. **Make sure you're willing to pay the price to achieve what you want to achieve.** Many times we want to try something new and to move toward a desirable goal to make ourselves a better person in some way. Changing behaviors may come with a price and if you're not willing to pay the price to change, there is little chance you will follow your plan for a lifetime.

**We wish you much success with your New Year's resolutions for healthy lifestyle changes.**

### Protein Roll Up

6 thinly sliced pieces of deli style smoked ham  
¼ cup diced mushrooms  
¼ cup diced broccoli  
2 Tablespoon non-fat cream cheese  
¼ cup finely diced red bell pepper  
¼ teaspoon garlic powder



1. Separate and lay out ham slices flat. Mix all other ingredients together.
2. Spread mixture on each ham slice. Roll up each slice into a long tube around cream mixture.
3. Cut each tube into 4 even sections.

# January 2018

# Eat Smart Idaho Calendar of Events

Wednesday	Thursday	Friday
<p>3</p> 	<p>4</p> <p><u>Healthy Food Pantry Demo @ Canvas Food Pantry</u> – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</p>	<p>5</p> <p><u>Eating Smart Moving More @ Hope Center</u> – 1212 W. Pullman Rd. – Moscow – 4:15 to 5:00</p>
<p>10</p>	<p>11</p> <p><u>Healthy Food Pantry Demo @ Canvas Food Pantry</u> – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</p> <p><u>Choosing to Move More Throughout the Day @ Post Falls Food Bank</u> – 415 E. 3<sup>rd</sup> Ave. – Post Falls – 5:30 to 6:30 – call Post Falls Food Bank to register – 208-773-0139</p>	<p>12</p>
<p>17</p> <p><u>Choosing to Move More Throughout the Day @ Rose Creek Longhouse</u> – 160 S. Mitch Michael Dr. – Worley – 2:00 to 3:00</p>	<p>18</p> <p><u>Healthy Food Pantry Demo @ Canvas Food Pantry</u> – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</p> <p><u>Choosing More Fruits &amp; Veggies @ Post Falls Food Bank</u> – 415 E. 3<sup>rd</sup> Ave. – Post Falls – 5:30 to 6:30 – call Post Falls Food Bank to register – 208-773-0139</p>	<p>19</p>
<p>24</p> <p><u>Choosing More Fruits &amp; Veggies @ Rose Creek Longhouse</u> – 160 S. Mitch Michael Dr. – Worley – 2:00 to 3:00</p>	<p>25</p> <p><u>Healthy Food Pantry Demo @ Canvas Food Pantry</u> – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</p> <p><u>Fix it Safe @ Post Falls Food Bank</u> – 415 E. 3<sup>rd</sup> Ave. – Post Falls – 5:30 to 6:30 – call Post Falls Food Bank to register – 208-773-0139</p>	<p>26</p>
<p>31</p> <p><u>Fix it Safe @ Rose Creek Longhouse</u> – 160 S. Mitch Michael Dr. – Worley – 2:00 to 3:00</p>	<p><b>Eat Smart Idaho offers FREE classes &amp; educational events that can help limited resource individuals &amp; families learn how to eat well for less!</b></p> <p>Sources: <a href="http://msue.anr.msu.edu/news/tips_for_sticking_to_new_year_resolutions">http://msue.anr.msu.edu/news/tips_for_sticking_to_new_year_resolutions</a>; <a href="https://www.uwyo.edu/cnp/_files/documents/january_recipes/snac_january_recipes_2016_25.pdf">https://www.uwyo.edu/cnp/_files/documents/january_recipes/snac_january_recipes_2016_25.pdf</a> retrieved 12/30/17</p>	

**For Information on Eat Smart Idaho classes or to schedule your own series of classes, contact the Nutrition Advisor in your county:**

Panhandle Counties (Benewah, Bonner, Boundary, Kootenai & Shoshone) 446-1680  
 Latah 883-2267  
 Nez Perce or Clearwater 799-3096  
 Idaho or Lewis 983-2667



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RDN, LD  
 Web: [www.eatsmartidaho.org](http://www.eatsmartidaho.org) Phone: 446-1680 E-mail – [kalig@uidaho.edu](mailto:kalig@uidaho.edu)

This material was funded by USDA's Supplemental Nutrition Assistance Program Education (SNAP-Ed), Expanded Food and Nutrition Education Program (EFNEP), the Idaho Department of Health & Welfare Food Stamp Program and University of Idaho. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. The USDA, Idaho Department of Health & Welfare and University of Idaho is an equal opportunity providers and employers.