

Food for Thought

January 2020

Tips for Sticking to New Year Resolutions

New Year resolutions give us high hopes for the future, but often by February we find ourselves giving up on our goals. It seems making resolutions and keeping them are two completely different things. How can we make resolutions that we can stick to throughout the year for beneficial change? Consider these tips when picking your 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. **Set goals that are logical, maintainable, and realistic.** If resolutions aren't then it will be difficult to follow through.
3. **Try a new resolution that you haven't tried in the past.** If you had great idea in 2018 or 2019 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 that seems more realistic for you.
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.
6. **Create resolutions for the entire family** such as taking a monthly hike, creating weekly menus with input from all, or ways the family can be active together each week.

Easy Skillet Chili

- 1 pound lean ground meat – beef, chicken, or turkey (15% fat)
- 1 onion, chopped (about 1 cup)
- 2 teaspoons chili powder
- 1 can (14.5 ounces) tomatoes, no salt added, chipped with juice
- 2 cans (15 ounces) beans, no salt added, drained and rinsed (try black, pinto, kidney, or others)
- 1 can (10.5 ounces) condensed tomato soup



In a large skillet over medium-high heat (350° in an electric skillet), brown meat and onion. Cook on medium-low heat (275° in an electric skillet for 5 minutes. Stir often. Drain grease from pan. Add chili powder and stir. Cook for 3-5 minutes. Add tomatoes, drained beans, and tomato soup. Add 1 soup can of water; stir and simmer for at least 30 minutes. Refrigerate leftovers within 2 hours.

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Eat Smart Idaho Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
6 	7	8 <u>Choose Plan Do @</u> Riverstone Silver Apartments – 2050 W. Whistler Loop – CDA – 1:00 to 2:30	9 <u>Whole Grains Demo @</u> Potlatch Food Bank – 510 Pine St. – Potlatch – 10:00 to 12:00	10
13	14	15 <u>Shop for Value. Check the Facts @</u> St. Vincent DePaul – 201 E. Harrison Ave. – CDA – 12:00 to 1:00 <u>Choosing More Fruits & Vegetables @</u> Riverstone Silver Apartments – 2050 W. Whistler Loop – CDA – 1:00 to 2:30	16 <u>Nutrition Demo @</u> Canvas Food Bank – 2200 N. 7 th St. – CDA – 2:30 to 4:00	17
20	21	22 <u>Fix it Safe @</u> Troy Food Bank – 106 E. 6 th St. – Troy – 4:00 to 7:00 <u>Choose Plan Do @</u> Riverstone Silver Apartments – 2050 W. Whistler Loop – CDA – 1:00 to 2:30	23	24 <u>Choosing to Move More @</u> JK Food Bank – 614 Main St. – Juliaetta – 1:00 to 3:00
27 <u>Whole Grains Demo @</u> CAP Food Bank – 124 New 6 th St. – Lewiston – 1:00 to 3:00	28	29 <u>Phoose Plan Do @</u> Riverstone Silver Apartments – 2050 W. Whistler Loop – CDA – 1:00 to 2:30	30	31

Sources: https://www.canr.msu.edu/news/tips_for_sticking_to_new_year_resolutions; <https://www.foodhero.org/recipes/easy-skillet-chili> Retrieved 12/29/19

Eat Smart Idaho offers FREE classes & educational events that can help limited resource individuals & families learn how to eat well for less! Ask for Eat Smart Idaho in your County.

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties
208-446-1680



North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties
208-883-2267

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