

Healthy Families

Helping Families Eat Better for Less

New “You” Resolutions!

The New Year is when people make resolutions. If you plan to make a resolution to change how you eat or how active you are, take small steps. You are more likely to be successful if you start slowly.

Choose healthy eating habits rather than a “fad” diet. Keep in mind:

- Make half your grains whole.
- Make half your plate fruits and vegetables.
- Choose lean sources of protein such as fish, chicken, beans and lentils.
- Choose low-fat or fat free dairy sources.
- Reduce the amount of sugar by choosing water instead of sweetened drinks.

Begin a new physical activity routine slowly. If your physical activity includes walking:

- Choose to walk where it is flat.
- Increase the amount of time you walk by 5 minutes every day.
- Listen to your body and make changes slowly.
- Make it fun. Find a friend to walk with to be your activity partner.
- If you have to skip a day, just get back to your activity as soon as you can.
- As you get stronger, add something challenging such as walking up a hill or climbing some steps.

Talk to your health care provider before making big changes to what you eat or how active you are.

To learn about all of these topics and more, enroll in a **free** nutrition education class where you’ll learn how to:

- Eat healthy
- Plan meals
- Cook for less
- Be active

To sign up call 1-888-818-0063.

Be Active!

Moving to music is fun and good exercise for all ages!

Flashlight Boogie:

- Close the curtains and turn down the lights.
- Play fun music.
- Shine the flashlight on each kid and adult as they dance.
- Show off your best dance moves!
- Use scarves to twirl as you dance.

Also, clean the house while dancing to the music.

Ways to \$ave

- More expensive items are at eye level on grocery store shelves. Look on the bottom or top shelves for cheaper items.
- Fresh fruits and vegetables are usually cheaper when they are in season. Always compare prices first.
- Buy canned fruits and veggies when they are not in season.
- Drink water instead of sweetened drinks.
- Cook at home instead of eating out.
- Put limp carrots or celery in soups, or place them in a bowl of iced water to re-crisp them.



Cornbread Muffins

Preparation time: 15 minutes Cooking time: 15 minutes

Serves: 12 muffins

Ingredients

1 cup flour	¼ cup oil
1 cup cornmeal	2 eggs
1 tablespoon baking powder	1 cup milk
½ teaspoon salt	Cooking spray
3 tablespoons sugar	

Directions

1. Wash hands with soap and warm water.
2. Preheat oven to 425 °F.
3. Spray 12-cup muffin tin with cooking spray.
4. In one bowl combine flour, cornmeal, baking powder, salt and sugar.

Notes:

- No cooking spray? Use cupcake liners instead of spraying the muffin tin.
- No muffin tin? Use two cupcake liners per muffin on a flat cookie sheet.



5. In another bowl stir together oil, eggs, and milk.
6. Pour liquid ingredients into bowl of dry ingredients.
7. Stir until mixed. Don't over mix. Lumpy is OK.
8. Spoon batter into muffin tin.
9. Bake for 15 minutes or until lightly browned on top.

Quick Beef Stew

Preparation time: 20 minutes Cooking time: 20 minutes

Serves: 6

Ingredients

1 lb. beef for stew, cut into 1½" chunks
3 tablespoons flour
2 tablespoons oil
3 potatoes, peeled, cut into 1½" chunks
4 carrots, washed, cut into 1½" chunks
2 stalks celery, washed, cut into 1 ½" chunks
1 package dry onion soup mix
½ teaspoon black pepper
2½ cups water

Directions

1. Wash hands with soap and warm water.
2. In plastic bag or bowl toss beef cubes in flour.
3. Heat oil in large saucepan on medium heat.
4. Add beef cubes to hot oil.
5. Stir beef cubes until brown on all sides.

6. Add potatoes, carrots and celery to pan.
7. Stir in onion soup mix, pepper and water.
8. Bring beef and veggies to a boil.
9. Reduce heat to low.
10. Cover pan and cook 20 minutes.
11. Remove from heat.
12. Let pan sit, covered, for 15 minutes until liquid thickens.



To make a healthier recipe, trim extra fat off beef cubes.

If you are interested in free lessons about nutrition, cooking and living a healthy life, please call 1-888-818-0063.

Sources: eatright.org, letsmove.gov, snap.nal.usda.gov, www.fda.gov/ForConsumers/ConsumerUpdates/ucm092815.htm

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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 (888) 818-0063.

