

## IN THIS ISSUE

### New Year, New Plan

The New Year represents a time of change and new beginnings. Set your intentions for the New Year by writing down what you want to give your attention to in 2023. Whether your goals involve eating healthier, moving more, or sticking to a food budget, it all starts with setting SMART goals!



Adapted from <https://extension.colostate.edu/topic-areas/family-financial-stability/setting-intentions-for-the-new-year/>

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Healthy Food. Healthy Moves. Healthy YOU.



Check out these SMART tips for the New Year!



## PLAN: Sticking to the Plan

Many people undoubtedly rung in 2023 by setting their New Year's resolutions. Resolutions can be hard to keep up throughout the year. Here are some helpful tips on how to set attainable goals that you will be more likely to stick to!



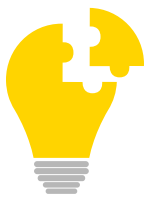
**Focus on one small change at a time.** Choose one small thing to start with, such as cutting back on soda to one time per week or walking for 10 minutes during your lunch break.



**Make your goals SMART.** SMART stands for: specific, measurable, attainable, realistic and time-based. This is great way to really identify your goal and by making it more specific you will be more likely to stick with it.



**Keep yourself accountable.** Ask a family member or friend if they'd be willing to check in with you or see if they want to join in on the goal too!



**Find what works for you.** Everyone has different lifestyles, goals and priorities. What works for someone else may not work for you! Set a goal with your lifestyle in mind and stay focused on what will work for you.



**Don't be too hard on yourself.** Focus on doing your best and making the best choices that you can most of the time.

*Adapted from <https://extension.unh.edu/blog/2019/01/5-tips-more-successful-new-years-resolution>*



**Use short-term goals to make long-term habits.** Break down your goals into smaller actions that build up towards your new habits. Smaller actions require less effort and you're more likely to follow through.

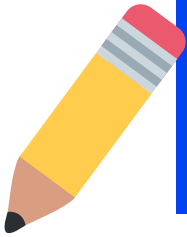


## PLAN: How to Set SMART Goals

Learning to eat smart, move more, and stay healthy takes practice! Don't be discouraged if you don't meet your healthy eating or exercise goals every week, but do work toward turning those goals into habits! We want you to be S.M.A.R.T when setting goals for this year and here's how.

### ***Make goals that are SPECIFIC:***

Clearly defined or outlined, the Who? What? Where? When? And Why?



### ***Make goals that are MEASURABLE:***

How will you measure your progress; with a chart or photo?



### ***Make goals that are ATTAINABLE:***

Neither too easy, nor too hard to accomplish. Is it likely to happen; is it achievable, what steps are involved?

### ***Make goals that are REALISTIC:***

What knowledge, skills, resources, and abilities do you have or need to reach this goal?

### ***Make goals that have a TIME LINE:***

When will it start, when will it finish? Will it be a short term goal or a long term goal? Set a specific deadline to the goal.



## Be SMART about your Goals 2023!

Adapted from <https://extension.colostate.edu/topic-areas/family-financial-stability/setting-intentions-for-the-new-year/>



# SHOP: Make Budgeting a Priority in 2023

The number one New's Year Resolution is to "Get Healthy." Instead, why not try to get budget healthy for this new year? Creating a budget can be a very important tool when you are trying to meet your financial goals. Try using this "My Food Budget" sheet to track grocery budget!



Eating Smart at Home

## My Food Budget

**Food Resources I Receive Each Month:** SNAP \_\_\_\_\_  
WIC \_\_\_\_\_

**Cash Resources** Cash for groceries \_\_\_\_\_  
*Divide cash set aside for food into cash for groceries and cash for meals away from home.* Cash for food not cooked at home (restaurants, food deliveries, convenience stores, etc.) \_\_\_\_\_

**Add SNAP, WIC, and Cash for groceries.** **Total Food Budget for the Month** \_\_\_\_\_

Divide total food budget for the month by the number of times you plan to shop for groceries in a month. Weekly: Divide the total food budget by 4 \_\_\_\_\_  
Bi-weekly: Divide the total food budget by 2 \_\_\_\_\_

**TRACK YOUR SPENDING**

GROCERY BUDGET:  BUDGET FOR MEALS OUT:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SNAP				
WIC				
Cash for groceries				
Cash for meals away from home				

Source: North Carolina " Families Eating Smart and Moving More" curriculum



Need help with the " My Food Budget" sheet? Message us on Facebook or email your local county educator for help!

Source: <https://extension.psu.edu/making-a-budget-part-of-this-years-new-years-resolution>



# COOK: Invest in You and Your Family's Health

This year, you and your family might be inspired to eat healthy! Small changes to your meals throughout the day can make a big difference. Let's grow a healthy future and inspire healthy eating! Check out these tasty recipes.



**30 MINS.  
OR LESS**

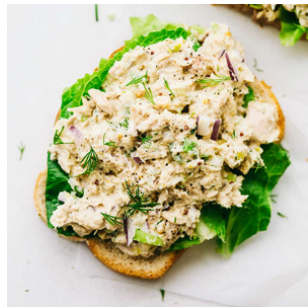
**shop. cook. eat.**  
WITHIN YOUR BUDGET

## TUNA, CELERY & APPLE SALAD SANDWICH

### WHAT TO DO:

1. Clean kitchen surfaces before, during, and immediately after use when preparing food. Wash hands with soap and water for at least 20 seconds.
2. Place the tuna, celery, apple, onion, dill as desired, and lemon zest in a bowl and stir to combine. Mix in the mayonnaise, mustard, and salt and pepper to taste.
3. Lay 2 of the bread slices on a work surface. Use the back of a fork to smash and spread the avocado evenly over each. Top evenly with the lettuce, tuna mixture, and remaining slice of bread. Slice each in half and serve.
4. Refrigerate any leftovers.

**NOTES:** Other ways of serving include as an open-face sandwich, over a tossed green salad, or scooped onto a halved avocado.



### WHAT YOU NEED:

- 1 5 ounce can solid white tuna in water, drained and flaked with a fork
- 1/3 cup of celery
- 1/3 cup of apple
- 1 green onion, trimmed and thinly sliced
- 2 teaspoons of dill, or parsley, optional
- Zest 1/4 lemon
- 4 tablespoons of mayonnaise
- 1 teaspoon Dijon mustard
- Kosher salt and pepper
- 4 slices whole wheat bread, lightly toasted
- 1/2 avocado, seeded and peeled
- 2 Bibb lettuce leaves

SOURCE: <https://fruitsandveggies.org/recipes/tuna-celery-apple-salad-sandwich/>

This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP, and under an agreement with the State of TN. This institution is an Equal opportunity Provider. Tennessee State University is an AA/EEO employer.



**shop. cook. eat.**  
WITHIN YOUR BUDGET

## Apple Spice Baked Oatmeal



### WHAT YOU NEED:

- 1 egg, beaten
- 1/2 cup applesauce
- 1 1/2 cups nonfat or 1% milk
- 1 teaspoon vanilla
- 2 Tablespoons vegetable oil
- 1 apple, chopped (about 1 1/2 cups)
- 2 cups old fashioned rolled oats
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon

### TOPPING

- 2 Tablespoons packed brown sugar
- 2 Tablespoons chopped nuts (optional)

### WHAT TO DO:

1. Clean kitchen surfaces before, during, and immediately after use when preparing food. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 degrees F. Lightly oil an 8x8-inch baking dish.
3. Combine the egg, applesauce, milk, vanilla and oil in a bowl. Mix in the apple.
4. In a separate bowl, mix the rolled oats, baking powder, salt and cinnamon. Add to the liquid ingredients and mix well.
5. Pour mixture into baking dish, and bake for 25 minutes.
6. Remove from oven and sprinkle with brown sugar and (optional) nuts.
7. Return to oven and broil for 3 to 4 minutes until top is browned and the sugar bubbles.
8. Serve warm. Refrigerate leftovers within 2 hours.

Adapted from: <https://www.foodhero.org/recipes/apple-spice-baked-oatmeal>



This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP, and under an agreement with the State of TN. This institution is an Equal opportunity Provider. Tennessee State University is an AA/EEO employer.

**For more recipes, Follow us on [Pinterest!](#)**



## MOVE: Move More in 2023

With a new year, comes new goals! This year, make moving more a priority. For 2023, fit as much movement into your day as you can. If you don't have time for a 30-minute workout, try for 10 minutes three times a day. Check out these easy physical activity tips you and your family can do throughout the day!



**Try some mini-workouts throughout the day.** Try doing wall push-ups, step-aerobics, going up and down the stairs and arm exercises whenever you feel the need to move.



**Move more while doing household task.** Get your daily workout in while doing ordinary household chores. Set a timer and count your steps as you give your home a good spring cleaning.



**Do some simple exercises while sitting at your desk.** Do some neck, shoulder and upper body stretches if you are sitting for long bouts of time.



**Create your own activity dice.** Make activity dice that focus specifically on kid friendly activities. This gives your child the chance to move more as well as have fun! [Want to know more about how to create or play with activity dice? Click here.](#)



**Participate in a walking challenge.** Get your friends and neighbors involved in a national walking challenge. Or if you wear a tracking device, connect with those around you and partake in challenges to keep you motivated. [We invite you to join us in the Third Annual "Walk Across the 1890s" initiative!](#)

*Adapted from <https://extension.sdstate.edu/keep-moving-indoors>*

Join us for the Third Annual



Scan the QR Code  
to join the Group!



A 10 Week Walking Initiative



## ACTIVATE: Nutrition League Assemble!

It's a bird! It's a plane! It's TSU Nutrition League! Join Ms. Fix, The Super Specialist, and the rest of the super heroes as they help you " Shop. Cook. Eat. ACTIVATE!" within your budget. Listen and subscribe [here](#).



For a FREE TSU Grocery Tote, visit your local TSU County Educator.

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