To start the new year off right...

**Set a realistic goal.** Small, short term goals are more doable. (Example: Eat a banana with...

**Be specific.** Goals are more effective if you focus on a specific action or habit to change. (Example: Brush teeth before going to bed.)

**Set goals with family or friends.** Even if they do not share your goal, they can be a great support.

**Expect to be successful.** Being positive and enthusiastic help you to stay motivated.

**Keep track of how you are doing.** Set aside a few minutes each week to evaluate your progress.

**Celebrate any success.** Reaching goals is not all or nothing. It is important to reward yourself for any progress that you have made.

**Recipe from http://www.lightliving.com/mrarchive.html**

**Beef Stew**

1 lb stew meat - cut into 1-inch cubes
2-3 large carrots - cut into 1-inch pieces
1 large white onion – diced
2-3 cloves of garlic – peeled
2 large boiling potatoes – peeled & cut into 1-inch cubes
2-3 cups beef bouillon broth
1 tbsp soy sauce
Salt, Pepper and Herbs (sage, rosemary, thyme, etc) – to taste
2 tbsp cornstarch mixed with 2 tbsp cold water

1. Heat large pot on high. When hot, lightly cook meat on all sides.
3. Add stock & bring to a boil.
4. Add vegetables & return to a boil.
5. Cover & simmer on very low heat for 45-60 minutes or until meat is tender & vegetables are tender but not mushy.
6. Turn heat to high & bring stew to a boil, remove from heat & drizzle in cornstarch mixture while stirring constantly.
7. Return to heat & continue to stir until the stew has thickened. Serve immediately.

**NEP**
Nutrition Education Program for Families

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<td>Be realistic. Make small changes over time.</td>
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<td>Be adventurous. Expand your horizons to try new things.</td>
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<td>Be sensible. Enjoy all foods, but not all at the same time.</td>
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<td>Be flexible. Forgive yourself for small slip-ups, and keep on trying.</td>
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<td>Please yourself. Goals should meet your desires.</td>
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