

Cent\$ible Nutrition News

Helping Families Eat Better for Less

Winter 2023

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Breakfast Bars

Ingredients

- ¾ cup all-purpose flour
- ¾ cup whole-wheat flour
- 1 teaspoon baking powder
- ⅛ teaspoon salt
- ¼ cup canola oil
- 1½ cups instant oats
- ½-¾ cup brown sugar
- ¼ cup applesauce
- 1 egg
- ½ teaspoon cinnamon
- 1 cup add-ins: chopped dried fruit, nuts, coconut flakes, and/or baking chips (optional)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F.
3. In a large bowl, combine all the ingredients.
4. Stir just until the dough is crumbly and fold in 1 cup of optional add-ins.
5. Press the dough into an ungreased 8×8-inch or 9×9-inch baking pan.
6. Bake at 350°F for 20 minutes or until the center is set and the bars are golden brown. Let cool for 10 minutes before cutting.

Makes 9 servings

Family Fit Resolutions

A new year can be a great motivator for making new resolutions and changes to your health and fitness. Keeping this motivation going throughout the year, however, can be a challenge, even with the best intentions.

2- Resolutions You Can Keep- SMART Goals

3- Top 5 Tips for Keeping the Family Active



S.M.A.R.T.er New Year's Resolutions

A new year can be a great motivator for making new resolutions and changes to your health and fitness. Keeping this motivation going throughout the year, however, can be a challenge, even with the best intentions. It is easy to assume that to make a major change, you need to make a major shift in your lifestyle. But smaller changes often lead to more sustainable change.

So how do you make small changes? Start with SMART Goals. SMART stands for:

Specific

Focus on one thing you want to change, rather than everything. If you want to be more physically active, what is one thing you can do? Examples: I will walk more. I will play with the kids after work.

Measurable

How will you measure your goal? Attach a number to your specific goal. Examples: I will take 1 walking break at work. I will play with the kids after dinner for at least 10 minutes.

Attainable

Pick one thing you can do, starting today. For example: I will take 1 walking break at work before lunch today. I will play with the kids after dinner for at least 10 minutes tonight.

Relevant

Make sure your goal makes sense for you and your life. If you already eat plenty of fruit or exercise regularly, focus on a different goal. For example: I only walk to my car for physical activity. I will take 1 walking break before lunch during workdays. I tend to crash on the couch after dinner. I will play with my kids for 10 minutes after dinner before I sit on the couch.

Time-Bound

Give your goal an end-date to see how it went and to set a new goal. For example: I will take 1 walking break before lunch 3 days this week. I will play with my kids for 10 minutes after dinner 2 days this week.

Check out our webpage to get a free SMART goal sheet. You can find it at: <https://bit.ly/SMART-Fit>

Top 5 Tips for Being Active as a Family

1. Make it fun

Being active doesn't have to be a chore or something to get through. The more fun it is, the more you enjoy it, the more active you will be. Talk with your family about their favorite activities. Take turns picking how to be active each day.

2. Schedule active times

Like many things in life, it is easier to fit physical activity in if you plan on it. Look at your family's schedule and see where there may be some windows of time for a family walk, game of tag, activity video, or other favorite activity.

3. Small steps, big wins

This time of year, it is tempting to set big goals for being active, but it can be hard to keep up intensive work out schedules. Instead, start small and build up. Maybe you begin with one family walk a week, or a weekend activity that gets everyone moving. Once that habit is set, you can add more activities.

4. Make family time active

During family time, focus on activities that get everyone moving. Hiking, walking, biking, snowshoeing, bowling, soccer, baseball, and basketball are all good ways to enjoy each other's company and stay active. This winter, try building a snowman, making snow angels, and playing tag.

5. Remember chores

Chores like shoveling snow, raking leaves, and projects around the house can be a wonderful way to keep moving and get things done. Everyone can help to make short work of the chores and make more time for the activities you love.

News & Updates

No, we're not going away. Our newsletter's may have moved to quarterly, but we still have so much information we want to share! Stay tuned to your inbox monthly for some quick tips and ideas!

For more family fun please check out Healthy Habits section at https://uwyocnp.org/healthy_habits/.



Join CNP!

Free cookbook, kitchen tools, & cooking classes!

The Cent\$ible Nutrition Program (CNP) is a resource that can help you eat better for less. Through the series of 8 lessons, you can learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollars.

CNP is free to those who income qualify and participants receive a free cookbook and kitchen tools. Classes are now available online and in-person. Find out more at: <https://uwyocnp.org/cnp-qualify/> or call your local CNP educator to learn more about CNP in your county.

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