

# Food for Thought



Health Promotion Newsletter

January 2018

## New Year's Resolution: Making Over Your Kitchen for a Healthy New You



When it comes to New Year's, most people will be making resolutions. However, when it comes to resolutions, the hardest part is starting them. The way to succeed at any resolution is first making positive changes at home, and it starts in your kitchen. Getting your kitchen in shape before you begin your new diet or health regimen is the first step in getting your resolutions off the ground.

Here are **5 important steps** to help you get started:

**Cleanse** - Get rid of all the foods that have expired, food that you know you will never eat, and all the foods that will not do you any good on your new diet.

**Restock** - Take a trip to the grocery store and buy those healthy foods. If you've made a resolution to eat more vegetables - buy some. If you want to try a new grain - like quinoa - buy a package and look up a new recipe. Don't be afraid to try new things - you might actually like them.

**Organize** - It is a very good idea to have your kitchen set up in zones. You probably have your pots and pans in one section and your dinnerware in another. Do the same with your food. Keep your new healthy foods in one area so you can access them often.

**Keep It Clean** - A messy or dirty kitchen will discourage you from cooking and might lead you to ordering takeout. Make a promise to keep as tidy as you can. Clean up during and soon after cooking. Do the dishes every evening and keep your counter clear of clutter. A clean prep space will beckon you to cook more often than before.

**Maintain** - The second hardest part of any resolution is maintaining it throughout the year and beyond. Keep to the plan by sticking with it through thick and thin. Set goals, keep a schedule, and come back to this cycle throughout the year as needed.

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## National Blood Donor Month



This January, **the American Red Cross** is celebrating the lifesaving contribution of blood and platelet donors.

The Red Cross collects and processes 40% of the nation's blood supply. On average, the Red Cross must collect 15,000 pints of blood every day to meet the needs of patients at approximately 2,700 hospitals and transfusion centers across the country.

During National Blood Donor Month, the Red Cross is encouraging all eligible blood and platelet donors to make a New Year's resolution to help save lives by donating now and throughout the year.

To find a blood drive near you, visit:  
<http://www.redcross.org/give-blood>

# Tips to Help You Keep Your New Year's Resolution



Chances are at some point in your life, you've made a New Year's resolution and then broken it. This year, stop the cycle of resolving to make a change and then not following through. Here are [10 tips](#) to help you get started:

1. **Be Realistic.** The surest way to fall short of your goal is to make it unattainable. Resolving to give up sweets is setting yourself up for failure. Strive for a goal that is more attainable, such as limiting yourself to one sweet treat a week.
2. **Plan Ahead.** Don't make your resolution on New Year's Eve. If you wait to the last minute, your resolution will be emotionally driven, instead of logic based.
3. **Outline Your Plan.** Decide how you will deal with the temptation to skip that exercise class or have that piece of cake.
4. **Make a Pros and Cons List.** It may help to see a list of items on paper to keep your motivation strong.
5. **Talk About It.** Tell friends and family members who will be there to support your resolve to change yourself for the better.
6. **Reward Yourself.** Celebrate your success by treating yourself to something that does not contradict your resolution. If you have been sticking to your promise to eat better, reward yourself with new fitness clothes or a night out.
7. **Track Your Progress.** Keep track of each small success. Instead of focusing on losing 30 pounds, focus on the first five and reward yourself after every five.
8. **Don't Beat Yourself Up.** Obsessing over the occasional slip will not help you achieve your goal. Do the best you can each day, and take one day at a time.
9. **Stick to It.** It takes about 21 days for a new activity to become habit and six months for it to become a part of your lifestyle, so be persistent and patient.
10. **Keep Trying.** If you have run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24 hour increments will soon build on each other, and before you know it, you will be back on track.

## Recipe of the Month



### Hoppin' John Bowl with Red Hot Tahini

#### Ingredients

##### *For the Hoppin' John*

- 1 ½ cup dried black eyed peas, soaked in water overnight
- 1 tbsp. liquid smoke
- 3 bay leaves
- 1 tsp. salt

##### *For the Red Hot Tahini*

- 1/2 cup tahini
- 1/3 cup hot sauce
- 2 tbsp. nutritional yeast
- 1 clove garlic

##### *For the Tomato Parsley Salad*

- 2 cups diced tomatoes
- 1/3 cup parsley, finely chopped
- 2 tbsp. red wine vinegar
- Dash of salt and pepper

##### *For Serving*

- 1 lb. seamed greens
- 6 cups cooked rice

#### Method

1. Drain the soaked beans and place in a 4 quart pot. Fill with water and add bay leaves, salt, and liquid smoke. Cover and bring to a boil. Once boiling, turn to low and let simmer 20 minutes.
2. Blend Tahini ingredients until smooth.
3. Toss tomato parsley salad ingredients in a medium mixing bowl.
4. Place greens and rice side by side in a bowl. Top with black eyed peas. Drizzle with sauce and top with tomato salad. Serve immediately and prosper!