Dear Living Well Newsletter Recipient,

Well the new year has arrived! I hope everyone is handling the cold winter weather which seems to have moved in with a vengeance. The snow is here to stay and hopefully everyone is maneuvering around on the slick sidewalks, parking lots, and roads as you slowly peek around snow piles that have lined every street corner. Seeing the ditches full of snow with paths cutout by snowplows reminds me of living in Idaho where a road would be set in the middle between two side walls of snow. I never enjoyed not seeing as well around the bends, but I am afraid as this winter progresses here in North Dakota, we will see a lot more snow piled along the edges of roads reducing visibility and increasing the chance of blown snowbank covered roads, so stay safe this winter when driving. Remember to try not to venture out on high wind days and allow more time to get to your destinations. A winter survival kit including blankets, heat source (like matches/candles), and warm clothes is necessary this winter as there may be cases you get stranded and may wait quite a long time to be rescued due to our poor road conditions. So be cautious.

On a brighter note, I want to let you know I’m starting monthly classes up at the new Killdeer Aquatics Center this January with the first lesson titled how to Nourish Your Muscles. The classes will be on January 24 or 29 at either 4:00 p.m. or 6:00 p.m. to start so please call our office or the Killdeer Aquatics Center at 764-5032 if you’re interested in attending. These will be free to the community and based on turnout in January, future dates/times will be posted.

I also hope you had an enjoyable holiday season and look forward to a new year where hopefully the weather will be nicer and life will be less stressful for all! Happy New Year!

—Janet Wanek, Family & Consumer Science Agent, RDN

Calendar for January

2: Office closed
4: Food Pantry Open
16: Martin Luther King Day—Office closed
18: Food Pantry open

County Commissions, North Dakota State University & US Department of Agriculture NDSU is an equal opportunity institution

Celebrate January!

National Hot Tea Month
National Oatmeal Month
National Slow Cooking Month
National Soup Month
National Baking Month
National Fat Free Living Month
Fat Free Living Month

Taken from https://foodimentary.com/
Parenting with LOVE & LOGIC

LOVE allows children to grow through their own mistakes. 
LOGIC allows them to live with the consequences of their choices.

Parents of tots to teens use these tools to:
- Put an end to arguing, back-talk and begging
- Make your words GOLD instead of GARBAGE
- Set effective limits without waging war
- Reduce power struggles while keeping your parental authority
- Guide your children to own and solve their problems
- Learn what to do when kids leave you speechless!!

Handling Misbehavior without Breaking a Sweat

Where: Killdeer Public School
When: Wednesday, January 18, 2017
Supper 5:00—5:30 pm
Session: 5:30—7:30 pm

Avoiding Power Struggles

Where: Killdeer Public School
When: Wednesday, January 25, 2017
Supper 5:00—5:30 pm
Session: 5:30—7:30 pm

Childcare provided for both sessions!

To register call 456-0007 or toll free 1-877-264-1142
email debra.theurer@ndsu.edu by January 13, 2017.

Winter a Good Time for Learning

North Dakota winter weather and extended time indoors brings opportunities for learning like no other time of year.

Toddlers and preschoolers enjoy imitation and physical movement. Set up a simple obstacle course! Go through it yourself then invite your children to join you.

Join your elementary-age kids outdoors whenever possible. If it’s too cold, it’s yoga time.

Middle-school students enjoy having a look at your life at their age. Take out the old photo albums and compare styles.

Talk to your high-school age kids about what you are reading and what they are reading. Swap books and compare your perspectives.

Focus on Fruits

Fruits are a great source of vitamins, minerals, fiber, and phytochemicals ("phyto" means plant). The usual sweetness of fruits makes them an enjoyable food. Julie Garden-Robinson, Ph.D., R.D., L.R.D., food and nutrition specialist

Try these tips to help meet the daily fruit recommendation for you:

Buy fruits that are easy and convenient

* Keep a bowl of whole fruit on the table or counter.
* Buy fresh, dried, frozen and canned (in water or juice) fruits so you always have some on hand.
* Try pre-cut packages of fruit without added sugar.

Have fruit available for quick snacks

* Enjoy dried fruits, which are easy to carry and store. One-fourth cup of dried fruit is equal to one-half cup of regular fruit due to the drying.
* Keep a package in your desk or bag for a quick fruity snack.
* Eat a frozen 100% juice bar as a healthy, cool treat.
* Grab an apple, orange or other whole fruit for an on-the-go snack.

Add more fruit to meals

* Top your cereal with banana slices or berries, drink 100% orange or grape juice or have mixed-fruit yogurt to start your day with fruit.
* Choose fruit options at a restaurant for lunch. Or pack a piece of fruit or an individual serving of applesauce or other fruit.
* Add fruit to salads and dishes at dinner. Try grapes in a tossed salad or pineapple with your meat.

NDSU Extension Service/Nourishing Boomers and Beyond, www.ag.ndsu.edu/ndsugag/

To learn more, view the entire publication at www.ag.ndsu.edu/publications/food-nutrition/focus-on-fruits.

Provided through a grant from the Walmart Foundation, AID, Incorporated and West Dakota Parent & Family Resource Center/NDSU Extension
Set Financial Goals as Your New Year’s Resolution

Now is the time of year when people start to set their New Year’s resolutions. Why not make your goals work for you and have a healthier financial year?

Setting financial goals is a great way to figure out how you want to spend your money.

It is important to have a mixture of short-term, intermediate, and long-term goals. Short-term goals are those you can fulfill in three to six months, intermediate goals are those that can be met in six months to one year, and long-term goals take longer than one year to achieve.

Achieving a small goal, such as a short-term goal, can help you stay motivated to reach your long-term goals. Working with everyone in the family is essential when setting your goals. If everyone is working toward the same end in mind, it will be easier to achieve.

Set SMART (Specific, Measurable, Achievable, Realistic and Time Bound) goals. Remember, a goal without a plan is just a wish. Being specific with your goal will help you determine if it is a possibility.

Here is an example of a goal versus a SMART goal:
Goal: I want to take a vacation this year.
SMART Goal: I want to take my family of four to Florida in nine months. I will need $3,000 and will need to put $335 in savings every month.

In the preceding example, the SMART goal is very specific and this person knows exactly what needs to be done to reach this goal. However, it still may not be a SMART goal if this individual can’t afford to put that amount of money in savings every month (it wouldn’t be attainable). It may still be realistic, but instead may be a long-term goal because it would take longer to achieve.

Write your goals down where you can see them on a regular basis. Reminding yourself what you are working toward can be a great motivation. If you are planning on a sunny vacation somewhere, post a picture of a happy family on a beach.

Once you have met a goal, celebrate! It may be something small, but keep finding ways to appreciate the effort you have put into reaching a goal. Maybe it’s renting a movie and having a movie night at home. It doesn’t have to be big.

If you find that you don’t have enough money to fund your goals, you could re-evaluate your budget to see if there are places you can cut some of your expenses.

To learn more about how to set financial goals and follow a spending plan, download the North Dakota State University Extension Service Family Money Manager publication at http://bit.ly/NDSUMoneyManager.

Source: Carrie Johnson, NDSU Extension Service personal and family finance specialist, 701-231-8593, carrie.johnson.1@ndsu.edu

As-You-Like-It Breakfast Casserole

Ingredients:
- 8 eggs
- 2 c. grated cheddar cheese
- 2 c. milk
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 6 slices day-old bread, cut into cubes
- Additions (choose two or three):
  - 1 c. corn (cooked or frozen)
  - 1/2 c. chopped broccoli or spinach
  - 3/4 c. sliced mushrooms
  - 1/4 c. sliced green onions or chopped onion
  - 1 c. cubed ham

Directions: Preheat the oven to 350 degrees. Beat the eggs in a large bowl. Mix in the milk, cheese, salt and pepper. Add the bread and carefully stir until all pieces of bread are moistened (don’t overmix). Add additions. Bake in casserole dish for one to 1 1/2 hours, until the top is browned and the center springs back when touched, with no liquid present. Let cool for 10 minutes before serving.

Makes 12 servings. When made with broccoli, mushrooms and onions, each serving has 180 calories, 10 grams (g) of fat, 12 g of protein, 10 g of carbohydrate, 2 g of fiber.
Healthy New Year's Resolutions for Kids

Submitted by Dena Kemmet, Extension Agent/Family and Consumer Sciences

We hear a lot about New Year’s resolutions in December and January. Now might be a good time to introduce children to what a New Year’s resolution is. It’s a goal you set to improve something about yourself, starting in the new year. Below are some suggestions from the American Academy of Pediatrics that are age-appropriate resolutions.

Preschoolers:

- I will clean up my toys by putting them where they belong.
- I will let my parents help me brush my teeth twice a day.
- I will wash my hands after going to the bathroom and before eating.
- I will help clear the table when I am done eating.
- I will be nice to other kids who need a friend or look sad or lonely.
- I will talk with my parent or a trusted adult when I need help or am scared.

Kids, 5 to 12 years old:

- I will drink reduced-fat milk and water every day, and drink soda and fruit drinks only at special times.
- I will take care of my skin by putting on sunscreen before I go outdoors on bright, sunny days. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I’m playing sports.
- I will try to find an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when riding a bike, scooter or skateboard.
- I will wear my seat belt every time I get in a car. I’ll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I will keep my personal information safe and not share my name, home address, school name or telephone number on the Internet. Also, I’ll never send a picture of myself to someone I chat with on the computer without asking my parent if it is okay.

Kids, 13 years old and older

- I will try to eat two servings of fruits and two servings of vegetables every day, and I will drink sodas only at special times.
- I will take care of my body through physical activity and eating the right types and amounts of food.
- When I feel angry or stressed out, I will take a break and find helpful ways to deal with the stress, such as exercising, reading, writing in a journal or talking about my problem with a parent or friend.
- When faced with a difficult decision, I will talk about my choices with an adult whom I can trust.
- When I notice my friends are struggling, being bullied or making risky choices, I will talk with a trusted adult and attempt to find a way that I can help them.
- I will resist peer pressure to try tobacco-cigarettes, drugs or alcohol. I will also avoid the use of e-cigarettes.
- I agree not to use a cellphone or text message while driving and to always use a seat belt.

Source: American Academy of Pediatrics (AAP)
30 Minute Minestrone Soup

This healthy recipe comes from NDSU Extension Service.

Ingredients
- 2 medium carrots, chopped
- 1 c. chopped cabbage
- 1 celery rib, thinly sliced
- 1 small onion, chopped
- 1 garlic clove, minced
- 2 tsp. olive oil (or vegetable oil)
- 3 c. water
- 1 can (14.5-oz.) stewed or diced tomatoes, undrained
- 3 beef bouillon cubes
- 1 c. cooked elbow macaroni
- 1/4 tsp. pepper

Directions:
Cook macaroni. In a 3-quart saucepan, sauté carrots, cabbage, celery, onion and garlic in oil for five minutes. Add water, tomatoes and bouillon; bring to a boil. Reduce heat. Simmer uncovered for 20 to 25 minutes or until vegetables are tender. Stir in macaroni and pepper; heat through.

Makes five servings. Per serving: 104 calories, 2.4 grams (g) fat and 17 g carbohydrate.