

Ready for a Change? Be S.M.A.R.T. About Your Goals

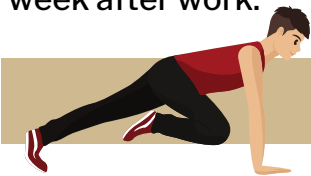
Happy New Year! Did you make a resolution or set a goal for this year? How is it going? If you need motivation to stick to your goal, find a new goal, or better yourself in the New Year, here are some tips to consider:

Make your goals S.M.A.R.T.:

- S - Specific
- M - Measurable
- A - Attainable
- R - Realistic
- T - Time-based



This is great way to identify your goal and by making it more specific you will be more likely to stick with it. One example of a SMART goal is: I will walk 30 minutes a day, five times a week after work.



You can do it! Here's how!



Start with one small thing. If you change too many things at once, you may feel overwhelmed and be tempted to quit.



Do you! Set goals with your needs and tastes in mind.



No one is perfect! Do your best and making smart choices most of the time.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at www.eatgathergo.org/programs.



Chicken Pepper Bake

Ingredients

- 1 pound boneless chicken breast
- 2 red or green bell peppers
- 3 cups small potatoes
- 2 tablespoons oil
- 1 teaspoon Cajun seasoning
- 1 teaspoon dry Italian herbs
- Salt and pepper to taste

Directions

1. Cut the chicken, peppers and potatoes into bite size chunks.
2. Place the meat and vegetables into a large bowl. Sprinkle with oil, Cajun seasoning, Italian herbs, salt and black pepper. Toss to coat evenly.
3. Place the chicken and vegetables on a metal baking pan. Roast in a 425 degree oven for 35 to 45 minutes or until potatoes are soft and chicken is no longer pink. Toss a couple times while roasting. Refrigerate leftovers within 2 hours.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/4-mindful-tips-to-destress-this-holiday-season>

<https://extension.unh.edu/blog/2019/01/5-tips-more-successful-new-years-resolution> www.eatgathergo.org/recipe/chicken-pepper-bake



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