



The start of a new year is a time when many people make vows to improve their lives. They will exercise more, eat healthier, be more organized, volunteer for a cause they believe in or a host of other things.

These are all good ideas and we should all look at ways we can improve our lives every day.

If you don't exercise now and that is what you want to change start by taking a 10-minute walk every day. Gradually increase your time until you are walking 30 minutes each day. You can do one 30 minute walk or two 15-minute walks...whichever fits into your schedule best.

If you want to eat healthier start by adding one more fruit or vegetable to your daily meal plan. Go meatless one or more days a week. Switch to low-fat or fat-free dairy products. Reduce your intake of salt and sugar.

If you want to be organized have a place for everything and make sure it gets there. Organize your in-coming bills so they don't get overlooked. Pay them on time...late fees add up!

Whatever you decide to change make the changes gradually. Trying to do too much all at once is usually the road to failure. Good luck on your journey to a new you!.

## 10 Minute Veggie Soup

- 2 29-oz. cans of low-sodium chicken, beef or vegetable broth
- 1 14.5 oz. can diced tomatoes
- 1 teaspoon dried basil
- 1/2 teaspoon onion powder
- 3/4 cup uncooked macaroni
- 3 cups frozen mixed vegetables
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Combine broth, tomatoes, basil and onion powder. Bring to a simmer and add macaroni and mixed vegetables. Cook for 6 minutes. Remove from heat. Let sit for 5 minutes for macaroni to finish cooking. Serve and enjoy!



Makes 6 servings.

Nutrition information per serving:  
112 calories, 0.5g total fat, 0.3g saturated fat, 6g protein, 21g carbohydrates, 3mg dietary cholesterol (if using beef or chicken broth), 4g dietary fiber, 244 mg. sodium.



## When to throw food out?

As the New Year begins, thoughts may turn to cleaning and organizing your kitchen. A lot of good food gets thrown out because of confusion about dates printed on food labels. Most dates on food products are voluntary and not required by law. The exception is baby food products and infant formula and certain poultry products. Here is a brief description of what some of these dates mean:

- **Sell by** is the last date recommended to sell the product in the store. This date DOES not mean the product is unsafe to eat after that date.
- **“Best if used by”** or **“use-by”** refers to when food is at its peak quality to consume. Foods **can** still be **consumed** after these dates and it does not refer to the safety of the food.
- **Expiration dates** refer to the quality and the safety of the food. Some foods may still be safe to eat after the expiration date, but it is best to not take chances with perishable foods like meat, milk, produce and ready-to-eat foods. These should be consumed by that date.

The one factor that is most important for food safety is how the food is handled and stored at home. Follow proper storage and handling guidelines to provide safe food for your family.

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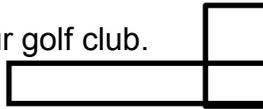
## Make your own Indoor Golf Game



Materials: Small ball  
 Cardboard Scissors (with adult help)  
 Markers

1. Find some cardboard boxes to create your golf club.

Draw the shape of a golf club, and with the help of an adult, cut out the golf club.



2. Use another cardboard box to create one or more holes to aim for. Carefully cut out the hole.



3. If you have extra boxes, you can even make hills to try and get the golf ball over. Fold two of the flaps all the way down to the floor, and fold two flaps flat on top the box so the ball doesn't fall in (unless you really want a challenge).



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## Show Me The Money

**Saving**—It is something that we all want to do, but find it difficult to get started. I challenge you to begin by thinking small. We all have habits that cost us several hundreds, if not thousands of dollars a year. For example, coffee drinkers have a tendency to purchase a coffee from a convenience store. Start a habit of making your coffee at home before you leave and place a dollar in an envelope beside the coffee pot. It may not seem like much, but if we purchase a coffee everyday for a dollar, we save \$30 a month and \$360 a year. Think the same about fast food. Instead of buying the high cost burger on the picture, choose from the value menu. You would typically save about \$2. If you dine out three times a week, you are talking about saving \$24 a month and \$288 per year. Combined you have just saved \$648 for the new year.

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The Expanded Food and Nutrition Education Program (EFNEP) helps families, **Eat better**, **Feel better**, and **Cut food costs**. To find out more about EFNEP contact:

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