Welcome 2018!!

Like many, you have likely made a resolution to adopt a healthier lifestyle through added exercise or changing your food/beverage choices. Here are some tips to help you be more successful in following through this year.

1. Be Realistic. Pick one thing that you want to change. The surest way to fall short of your goal is to make your goal unattainable. Deciding to “never” eat your favorite food again, is likely to end in failure. Striving for a goal that is attainable, such as choosing to eat an unhealthy food less often. ie) monthly or weekly rather than daily or to add in physical activity 2-3 times per week rather than 2 hrs every day.

2. Don’t Keep it to Yourself. Tell friends/family of your plan so they can offer support along the way. The best-case scenario is to find a buddy who shares your New Year’s resolution to help motivate each other.

3. Don’t Give Up! Stick to it even if you go off track at some point along the way. Take things one day at a time. Be patient with yourself. Remember it takes about 30 days to change a habit and ultimately several months for it to really become a part of “your new lifestyle.”

4. Stay Motivated. Research shows people that track their progress or keep a “diary” are more successful at reaching their goals.

5. Reward Yourself. Celebrate your successes in ways that do not go against your resolution. Try going to a movie with a friend, pamper yourself with a bubble bath or have a friend do your nails.
Easy Meals Made Simple

Here are some ideas to prepare a simple, healthy and budget friendly lunch!

Sandwiches
- Start with a whole wheat pita or wrap
- Fillings: tuna, egg salad, chicken, lean cold cuts, or peanut butter
- Spreads: hummus, mustard, black bean, or avocado
- Veggies: lettuce, tomatoes, celery, cucumbers, peppers, red cabbage and/or other veggies

Soups
- Low sodium canned soup (add your favorite beans)
- Add left over rice or pasta – whole grain always preferred
- Veggies: add in frozen (peas, corn, carrots, green beans, broccoli)

Quick Salads
- Corn salad: mix canned corn with beans, salsa, and low fat cheese
- Creamy fruit/vegetable salad: fruit and/or veggies and low fat yogurt
- Try adding left over veggies to your salad greens

Fruit Smoothies
- Frozen fruit, low fat plain yogurt, almonds, greens (spinach/kale)
- If no allergy to nuts, try adding nuts, flax or peanut butter
- Add water or low fat milk or almond milk (ice if desired)

Nutrition Hack

Acorn squash is a small variety of winter squash named for its resemblance to a large acorn. Its firm, yellow-orange flesh has a mellow, sweet flavor that pairs well in dishes containing garlic, maple syrup or spices such as sage or nutmeg. Like its close cousins (butternut and spaghetti squash), acorn squash is more nutrient-dense than other types of summer squash. Acorn squash is rich in vitamins C, A, B6, minerals such potassium, dietary fiber and antioxidant compounds. A diet with a high intake of the nutrients provided by acorn squash may decrease the risk of certain types of cancer, diabetes, heart disease and helps to lower blood pressure.
Monster Mittens for Kids!

MATERIALS for “Cookie Monster” Mittens

- Felt (white, black, and tan)
- Plain gloves or mittens
- Sewing machine or hot glue
- Scissors
- Permanent ink marker

INSTRUCTIONS: (NOTE: requires help from an adult to sew or use hot glue gun)

1. On a piece of paper, trace three circles of desired sizes to represent “cookie monster” eyes and cookie. Try using bottom of small bottle (~2 inches in diameter) or other circular item in your house. You may want the eyes to be slightly larger than the cookie shape. Use above picture as a guide.

2. Also trace a larger circle on paper (~3.5 inches in diameter). Cut in half, this will be used for the mouth. Trace pencil eraser tip, times 4, to be used for monster eye balls.

3. Plan to use white felt for the eyes, black felt for the mouth and eye balls and tan color felt for the actual cookie.

4. Using your paper templates, have an adult help you cut out the various shapes of felt.

5. Have an adult either hot glue or sew these shapes onto your mittens. Allow glue to cool before putting gloves on.

6. Use either a marker or tiny felt cut outs to make chocolate chip pieces on your cookie.

7. Have fun playing both indoors and out with your originally created monster gloves!

Note: there are many other versions for monster mittens. If you have access to a computer, google “monster mittens” and download other template ideas.

DIY Ice Skating Rink In The Backyard

FUN FOR EVERYONE!

Things you’ll need:

- A border of wood, PVC pipe, or snow (not the best option).
- A large piece of plastic or tarp.

How to make it:

- Lay the tarp down on the lawn then put the pieces of wood around it to hold down the tarp.
- Once the tarp is secured, fill it with water from the hose.
- Make sure the water is frozen before you skate on it.
- Once frozen…ENJOY!!!!

*Note: you’ll want to make sure the area is fairly level.
On October 22, 2017, the Brookhaven Town Hall hosted their first annual Health & Wellness Fair at the Brookhaven Town Hall. Our Cornell Cooperative Extension Eat Smart NY Nutrition Educators (Donna Ingram and Melek Baba) presented workshops on Re Think Your Drink, Increasing Physical Activity and the USDA MyPlate. Participants were offered fruit infused water, fresh apples and tangerines, along with 10 Tips flyers that supported these lessons to decrease consumption of sugary beverages, increasing physical activity and healthy eating. They met with nearly 70 families and adults from the community. Brookhaven Town Supervisor, Ed Romaine, supported the health fair and was pleased to be involved in such an exciting event.

WHAT IS ESNY-LI? Eat Smart New York Long Island is a community-based nutrition education and obesity prevention program. ESNY-LI utilizes a variety of strategies, including nutrition education workshops, social media/marketing, and promoting healthy places and policies to improve the likelihood that persons with limited resources will make healthy food choices and choose to be more physically active. Our programs are offered for FREE in English and Spanish for youth, adults and seniors.