

JANUARY 2022

HAPPY NEW YEAR!

*Family Consumer Science (FCS) Newsletter by Sarah Bock
at Fergus County Extension Office*



New Year, New Start!

Setting Goals for the New Year

It's that time of year again - time to pick some New Year's resolutions and see if they will last. What if there was a more realistic way to make goals for 2022? Well, there is! Use these tips to set goals for the New Year that may actually stick for the whole year.

- **Pick something attainable.** While it is important to challenge yourself, if your goal is not realistic, it won't last long. Consider a goal that will be a little uncomfortable and challenging, but not a MAJOR life adjustment.

- **Stay accountable.** Accountability can be accomplished by confiding in someone close to you about your goal. Then, allow them to check in on your goal and hold you accountable, or you can hold yourself accountable - keep track of each time you follow through with your goal or take a step to get you closer and check your progress regularly.

- **Be Specific.** Make sure your goal is specific and measurable. Do not just aim to "get in shape" in 2022. Focus on specific activities that can get you there. For example, "I will go to the gym for 30 minutes, 3 times a week in 2022."

- **WRITE THEM DOWN!** This last tip is the most crucial. If you write down your goals, you are more likely to attain them. Writing them down will make them tangible and clear. When writing down your goals, start with "I will.." or "I am going to..." not "I will try..." or "I want to...". These give the idea that you might not be able to do it, but you can!

FCS Events this Month:

January - March: Solid Finance Webinar Series.

Find the link and see specific dates and topics at
<https://solidfinances.msuextension.org/schedule.html>.

January 19th - AARP Tele-Town Hall: What you can do with a will and what you can't.

To register go to
<https://states.aarp.org/montana/tthseries>

January 26th: Servsafe Manager Course.

Please contact Sarah Bock at
sarah.bock@montana.edu for more information.

Stay Active All Winter Long

Finding ways to stay active and moving - even when it is zero degrees.

It can be hard to stay motivated to get your exercise in during the winter season. It's cold and icy outside, and a cozy fireplace seems much more inviting. However, it is important to continue to move your body and stay active during those long months full of short days. Even as little as 22 minutes a day will allow you to reach the recommended amount. This will likely look much different than it does in the summer time.

Here are some ideas on ways you can get your 22 minutes in during the winter.

- Shovel your sidewalk.. and your neighbor's! This can count for your movement for the day and you can do a good deed.
- Bundle up and go for a winter walk. Make sure you have shoes with good traction and wear your hat and gloves.
- Try a new winter sport like skiing, snowboarding or snowshoeing. These are a great way to not only be active but to see some beautiful sights as well.
- Play outside with your kids. Build a snowman or a fort, or go sledding and make a few trips up the sledding hill to get your heart rate up.
- Take the stairs. If where you work or live has stairs, take them instead of the elevator.
- Download a free at-home workout app or search for workouts online. You can find almost any type of workout you want online for free, whether you want to do pilates, strength training, or yoga!
- Do some exercises during commercial breaks on TV.

These are just a few ideas to stay active during the winter. Being consistent all year long will not only make your body feel better but will help with your mood, sleep, and energy levels as well. You don't have to do anything crazy and intense, consistency is key. Also remember, as long as you are moving and getting your heart rate up, it counts!



"Exercise not only changes your body, it changes your mind, your attitude, and your mood."

Recipe of the Month: Taco Soup

Ingredients

- 1 lb. ground beef or ground turkey
- 1 onion
- 1 16-oz. can chili beans with liquid
- 1 15-oz. can kidney beans with liquid
- 1 15-oz. can no-salt whole kernel corn with liquid
- 2 8-oz. cans no-salt tomato sauce
- 1 28-oz. can no-salt diced tomatoes
- 1 4-oz. can diced green chili peppers
- 1 cup water
- 4 cups low-sodium beef broth or 4 cups water and 4 bouillon cubes
- 2 Tbsp. taco seasoning mix

Nutrition Facts

8 servings per container	
Serving size	2 cups (551g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 580mg	25%
Total Carbohydrate 36g	13%
Dietary Fiber 8g	29%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 5mg	30%
Potassium 409mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Slow Cooker Directions:

1. Wash hands with soap and water.
2. Put meat in a medium skillet. Wash hands after touching raw meats.
3. Cook the meat over medium heat until browned. Drain fat.
4. While the meat cooks, chop the onion.
5. Place the cooked and drained meat, onion, chili beans, kidney beans, corn, tomato sauce, diced tomatoes, water, green chili peppers, beef broth and taco seasoning mix in a slow cooker. Mix to blend.
6. Cook on low setting for eight hours.

Stovetop Directions:

1. Wash hands with soap and water.
2. Put meat in a soup pot. Wash hands after touching raw meats.
3. Cook the meat over medium heat until browned.
4. While the meat cooks chop the onion.
5. Add onion, sauté about 3 minutes.
6. Add remaining ingredients and mix.
7. Bring to a boil, reduce heat, simmer for 30 minutes.



This recipe was found on the University of New Hampshire Extension Website.

Let's Talk Food Safety

Food Safety Tips of the Month

Everyone has to eat and the importance of food is one thing that most can agree on. Many people prepare meals for themselves or others on a daily basis. This is why food safety is so important. There are many hazards that can make food unsafe to eat and can cause a person to become sick. Here we are going to focus on some of the most common mistakes when preparing food in the home.

To start, it is very important to be aware of the correct internal temperature that each food needs to be cooked to. This is different for chicken, ground meat, seafood, etc. If you do not know these temperatures, check the next page. Keep these numbers somewhere handy in the kitchen. Make sure to use a thermometer to check these foods each time you cook them.

Equally important is thawing food correctly. When thawing frozen food, do not thaw at room temperature. There are four ways to safely thaw frozen food - in the refrigerator, in a microwave (when cooking food immediately), under running water at 70 degrees or lower, or as part of the cooking process. When reheating food, make sure the the food is heated.

Keep an eye out for more food safety tips in the next newsletter!



Servsafe Manager Class THIS Month!

When: Wednesday,
January 26th from
8:30 A.M. - 5 P.M.

Where: First
Christian Church,
Lewistown

Who: Individuals
looking to earn their
Servsafe Manager
Certification

Cost: \$125 (lunch
included)

Please contact Sarah
Bock at
sarah.bock@montana.edu for the link to
register. Class size
is limited, so get
signed up!

SAFE INTERNAL TEMPERATURES

Poultry - Including whole or ground chicken, turkey, and duck	165 degrees Fahrenheit for < 1 second
Ground meat - including beef, pork, and other meat Shell Eggs that will be hot held	155 degrees Fahrenheit for 17 seconds
Seafood - Including fish, shellfish, and crustaceans Shell eggs for immediate consumption	145 degrees Fahrenheit for 15 seconds
Pork, Beef, Veal and Lamb	Steaks or Chops - 145 degrees Fahrenheit for 15 seconds Roasts - 145 degrees Fahrenheit for 4 minutes
Food from Plants - including fruit, vegetables, grains (including rice and pasta), and beans that will be hot held prior to eating	135 degrees Fahrenheit

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