



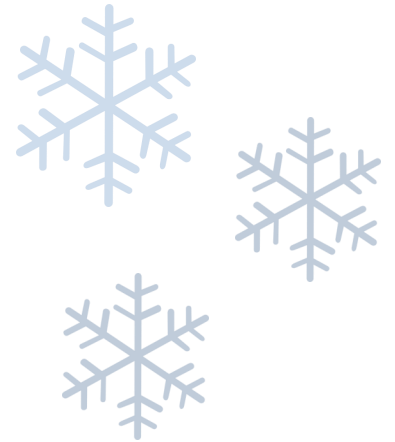
# TidBit Times

January 2019 Edition

## New Years Resolutions for EVERYONE!

With each new year, we make new goals. This year, make some goals as a family! Here are some fun things to consider putting on your new list of goals for 2019:

1. **Unplug!** These days, we spend so much time with electronics for work and play. When was the last time you and your family spent a day "unplugged," without watching any TV, checking any emails, or staying glued to your cell phones? Set a goal of spending at least one day a month (if not per week) without your gadgets, and instead, enjoy the outdoors or have a board game marathon.
2. **Try New Foods!** We tend to stick to the same meals. Make it a goal to involve kids in the kitchen, and try a new recipe each week to eat as a family!
3. **Not just exercise—but FUN!** Make moving as a family something fun, like having a snowman building contest, a dance party, or a wintery walk.
4. **Read!** How many books do you and your kids have on your shelves that you've never cracked open? And when is the last time you took a trip to your public library? Together you can make this the year that you all become bookworms! Encourage kids to keep a reading chart or book diary to rate and summarize the book.
5. **Get more Sleep!** You'd do anything for one more restful hour in bed, and your kids would fight you tooth and nail to stay up an hour later watching their favorite channel on TV. You just can't win! The fact is, you all need at least eight hours of sleep to stay healthy and productive. Make a bedtime routine checklist to help your younger child settle into a better sleep schedule, and talk with your teen about his nightly routine.



### ...oh, and this...

Holidays can be a wonderful, joyful time... but they can also be stressful. Just a little note to remind you that you have the right to self care. Whatever that looks like for you, make sure you reevaluate what you do for YOU. Make a goal in 2019 to be kind to yourself.

You are doing great. You are not alone.

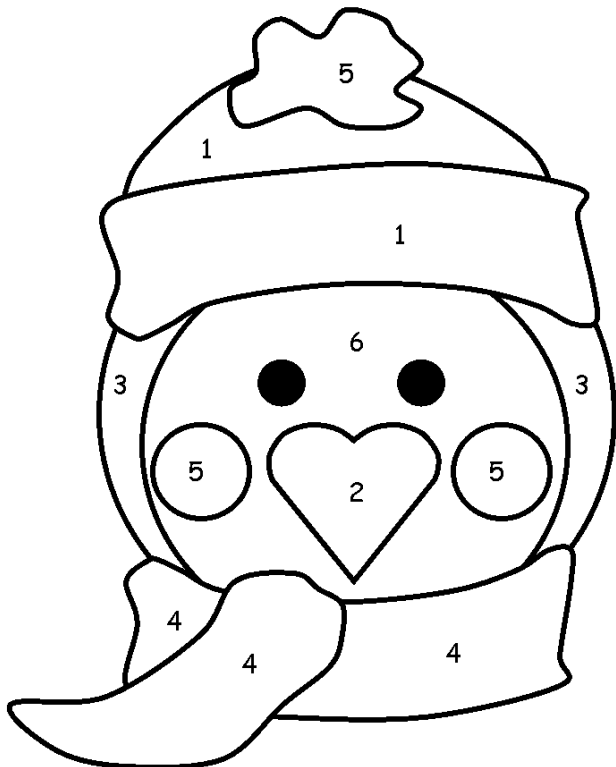


- \* 2 tbsp olive oil
- \* 1 large onion, diced
- \* 3 cloves garlic, minced
- \* 3 medium carrots, diced
- \* 3 stalks celery, diced
- \* 2 medium potatoes, peeled and diced
- \* 2 tsp Italian seasoning
- \* 4 cups low sodium vegetable broth + 1 cup water
- \* 2-15oz can no salt added diced tomatoes
- \* 1 cup frozen corn
- \* 1-15oz can kidney beans, drained and rinsed (optional)
- \* 1 bay leaf
- \* ¼ cup parsley, chopped
- \* 1 tbsp freshly squeezed lemon juice, more to taste
- \* Freshly ground black pepper

1. Heat oil in a large stockpot or dutch oven over medium-low heat. Once hot, add onion, garlic and a teaspoon of kosher salt and cook about 8 minutes. Add carrots, celery, potatoes and cook for 5 more minutes, stirring often. Add Italian seasoning and cook for one more minute.
2. Add broth, water, tomatoes, corn, beans, bay leaf, and several grinds of pepper. Bring to a boil and then reduce the heat to low and simmer, covered until the vegetables are tender, about 35 minutes.
3. Remove from heat and stir in parsley and lemon juice. Remove bay leaf and season to taste with pepper and other herbs to taste (basil, oregano, cumin or turmeric. Whatever speaks to your taste buds!)



## EASY + HEALTHY YUMMIEST VEGETABLE SOUP



**Color your very own Penguin!**

**Can you match the colors to the numbers on the penguin?**

**1—Blue**

**4—Green**

**2—Orange**

**5—Red**

**3—Black**

**6—White**

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