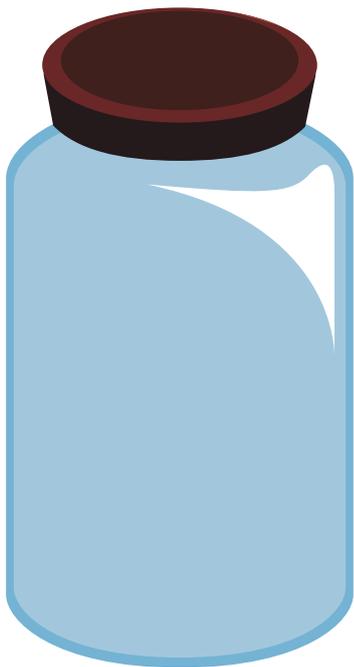




TasteWiseKids

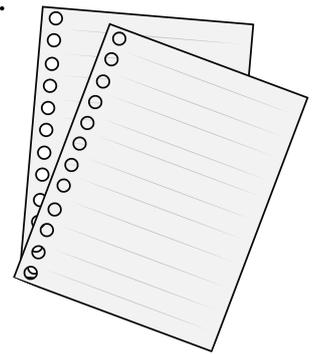
WHAT SHOULD WE **RESOLVE?**

Follow the directions below to make a Resolution Jar with your family. You can use the prompts and suggestions on the second page if you need a jump start.



What You'll Need:

- **A Container:** you will need some type of container where your family can keep their resolutions. Try using a recycled item like an old pickle jar or pasta box.
- **Paper:** Grab some paper to write on--it can be fun to use paper with different colors.
- **Scissors:** You will use these to cut up your paper.
- **Writing Utensil:** You can use crayons, markers, pencils or pens (or all of the above!)



Instructions

Step 1: Gather your materials. If you are using a recycled container that used to contain food, make sure it has been washed out.

Step 2: Decide as a family how many resolutions you would like to make. We suggest 1 for each month of the year, but you can do as many as you'd like! Cut your paper into the number of resolutions you want to have. They can be strips or squares.

Step 3: Write different food-related resolutions on each piece of paper. These should be healthy and attainable goals that you and your family can work towards together. See page 2 for some starting points.

Step 4: Fold your resolutions up and place them inside your container. You can choose to decorate the outside or leave it as it is!

Step 5: Throughout the year, have a family member pull a resolution from your jar. If you made twelve, try doing it at the beginning of each month. Read what has been picked and spend the next month working towards that goal. If you aren't able to complete one, that's okay. You can put it back in the jar and try again another time!



HAPPY NEW
YEAR

Having trouble coming up with ideas? Try asking your family these questions or see if they like any of our food goals.

Questions to Get You Thinking

- **What would be the hardest food for your family to give up?** *Once you've brainstormed a few options, try giving up one of these foods for a week or a month.*
- **What is your favorite thing to cook as a family?** *Write a resolution committing to making this meal once a month and make sure you involve everyone.*
- **Who in your family does the most meal prep or cleaning in the kitchen?** *Once you've identified this person, think about ways that you can divide up the work more evenly or just decide to give this person a break for a week!*
- **What is your favorite store-bought snack or treat?** *Don't worry, we won't ask you to give it up, but try making a homemade version instead. You can google the item with the words "copycat recipe" for ideas on how to make it.*
- **How did you get exercise during the past year?** *Think about all the ways you moved your body this year, decide on a favorite that you could do more often--like going on a bike-ride once a week.*

Ideas to Get You in Action

- **I'm going to drink more water this year, do you want to join me?**
- **This month, we're going to try a cuisine from a new culture.**
- **We're going to commit to having one vegetarian meal per week this month.**
- **Instead of processed foods, we're going to eat more fruits and vegetables at snack time.**
- **During meals, we're going to put down our phones and enjoy each other**

