

# MAKING HEALTHY CHOICES: WEEK 23

## Family goal setting

Setting goals is an important part of being able to make healthy choices regularly. The type of goals that you set can also help increase the likelihood of success. This is true whether you are setting goals only for yourself or for the entire family. However, setting goals as a family creates extra challenges such as getting everyone to agree and catering to the different needs of each family member.

### Choose a decision-making approach

Before spending any time brainstorming or setting goals, choose the way your family will come to an agreement. For example, each person in the family could vote on each goal and the majority rules. Using another approach, you might decide that every family member needs to agree on a family goal for it to be set.

### Brainstorm

Try brainstorming ideas for goals with the whole family. Set some rules such as writing down all ideas that come up no matter what and waiting until the end of the brainstorming session before talking about any in detail. After the brainstorming session, use the chosen decision-making approach to decide which goals you will set as a family and write them down.

### Did you know?

**There are many different kinds of healthy choices. Family goals do not need to be only about what you eat, they can also include things you do such as reading Nutrition Facts labels, preparing food and sharing meals as a family.**

### SMART goals

Make sure when writing your goals that they are SMART. This stands for Specific, Measurable, Attainable, Realistic and Time-bound.

#### Not SMART:

We will eat more vegetables

#### SMART:

We will have at least two vegetables served for dinner at least five days a week for a month.

### Small steps

You are more likely to stick with a long-term plan when you see small successes along the way. Breaking a big goal into smaller parts also creates an opportunity for regular feedback that can nudge you back on track.

Even though you have set family goals, the way each member of the family works toward that goal can be different. For example, if your family goal is for each person to eat at least 3 cups of vegetables every day for a month, each person could choose to focus on including a different type of vegetable.



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### WEEKLY RECIPE

Remember to wash your hands and prepare food safely.

#### Everyone's Trail Mix



1. Place the following ingredients into a gallon-sized sealable bag: **1 cup of your favorite whole-grain cereal**, **1 cup of your favorite nuts** (such as almonds, pistachios), **½ cup of your favorite seeds** (sunflower, pumpkin), **½ cup of your favorite dried fruit** (raisins, dried cranberries) and **½ cup chocolate chips** (could be milk, white or dark chocolate).
2. Shake the bag to mix.
3. Separate into smaller sealable bags for easy grab-and-go snacks.



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