CHEF FEATURE
with the desire to bring nutritious foods to the many

We start here:
To help you delight your residents,
we’re recrafting our canned soup.

& END HERE:
with great-tasting condensed canned soups
you’ll be proud to serve

What’s in:
• Carefully selected ingredients
• Familiar flavour residents know and love

What’s out:
• High-fructose corn syrup
• Artificial flavours
• BPA-lined cans

Use Campbell’s® Condensed Reduced Sodium Tomato Soup (10077) and a few simple ingredients to create Chicken Parmesan soup and other recipes like this!

Visit campbellsfoodservice.ca for more product information and recipes or contact your Campbell’s Sales Representative 1 800 461 7687.

RECIPE FOR SUCCESS:
GOAL SETTING FOR 2020!

KAITLIN CHARD
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For many people, the start of a new year often is viewed as an opportunity to reset and create new goals for positive change in our lives. In reality, you don’t have to wait until a new year starts in order to start the change process; all you need are the right tools! Regardless of when change occurs, it can be uncomfortable and intimidating, especially if we set goals that are too vague or unrealistic. Health behaviour change can be exceptionally challenging, given the fact that we are bombarded with many health messages and tend to use a “one-size fits all” approach. It’s important to remember that your journey is completely unique to you!
GOAL SETTING

When starting a journey of behaviour change, it’s important to first assess our readiness to make changes. The Stages of Change model is a helpful tool. This model consists of 6 stages that an individual will transition through in a fluid motion, with the ability to move back and forth between stages. The 6 Stages of Change are described on the right.

Once you have identified the stage that you are at, this can help inform the goals you set for yourself moving forward. Goal setting is an essential part of changing habits/behaviours towards a healthier lifestyle. Your goals should be individualized, and most importantly they should always be SMART: Specific, Measurable, Action-oriented, Realistic and Time-framed. See the next page for all the components you’ll need to create an individualized SMART goal.

The 6 Stages of Change

1. PRECONTEMPLATION: In this stage, an individual has no intention of creating any changes to their lifestyle and sometimes might not be aware of the need to make changes.

2. CONTEMPLATION: As the individual progresses to the contemplation stage, they begin to identify the problematic behaviours within their lives. The individual begins to have the intention to make a change to their lifestyle soon.

3. PREPARATION: At this stage the individual is ready to take the steps required to create change. The individual is also confident in their choice and understands how their actions will lead to a healthier lifestyle.

4. ACTION: At this stage the individual begins to take actions towards their goal. The individual may go back to the Preparation stage if they are not able to implement any actions towards their goal at this time.

5. MAINTENANCE: At this stage, the individual is sustaining the change they have made and are determined to maintain their changed behaviour.

6. TERMINATION: Once an individual reaches the termination stage, they have fully implemented their lifestyle change and are motivated to continue this lifestyle change.

Tips to Reach Your Goals:

1. Plan ahead & consider obstacles: How will you overcome some anticipated challenges along the way?
2. Keep yourself motivated and celebrate small wins!
3. Have a support system to encourage you towards your goal.

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Make sure you’re SPECIFIC: When you have a detailed goal set for yourself, you know exactly what you are working towards. Be able to answer who, what, when, where and why you think of your goal.

Create a MEASURABLE goal: When a goal is measurable, it is easier to know if you are on track.

Always be REALISTIC: Setting a realistic goal will set you up for long-term success and boost your confidence to continue your journey of change!

Keep it ACTION-ORIENTED: Focus on actions that can be taken which will help you achieve your goal.

Determine the TIME-FRAME: Having clearly defined target dates to achieve your goal will help you to stay motivated!

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GOAL SETTING

LIGHTENING UP YOUR HOLIDAY FAVOURITES

The holidays are a wonderful time to gather with loved ones and prepare traditional recipes that are a crowd favourite during the festive season. While we encourage you to enjoy the holiday dishes you expect to see at your family table, we also want to inspire you with some new and easy ideas to lighten up your holiday favourites.

Appetizer: Serving a large crowd could often lead to the classic chip ‘n dip combo. While we can’t argue the simplicity and popularity of this snack combination, what if you made a couple of swaps to add a protein kick? Try a yogurt dip with crackers and fruit! Greek yogurt is an excellent source of protein and serves as a simple substitute for classic dip bases like cream cheese or sour cream. Try out our tasty Greek yogurt dip, available in Synergy on Demand.

Recipe - Greek Yogurt Dip

Method: Mix and Chill. Serving Size: 30 ml each.
Amount: 56 cal
- Yogurt, full-fat 1 cup
- Parmesan cheese 1 tbsp
- White wine vinegar 1 tbsp
- Black pepper to taste
Preparation Steps:
1. Wash hand before preparation
2. Combine the ingredients well in a mixing bowl
3. Mix and Chill under refrigeration <40ºF/ 4ºC

Tips:
- 5 km run
- Action 2: Run twice a week
- Time of run: from January to March
- Example:
- Action 1: Run once a week
- TIME-FRAME:
- Starting with a 5 km run and progressing with a 5 km run every week