



"A goal is a dream with a deadline."

- Napoleon Hill

Class and event details at extension.usu.edu/calendar.

EXTENSION
UtahStateUniversity

HOME AND FAMILY TIPS

- ☐ Take a few minutes to plan a menu for each day of the month. Get ideas at extension.usu.edu/foodsense.
- ☐ Turn off the TV for 30 minutes a day and exercise.
- ☐ Explore Utah4-H.org to find fun activities and projects for youth.

GARDENING TIPS

- ☐ Use deicing compounds sparingly to avoid salt damage to landscape plants.
- ☐ Set goals for your garden and put your plans and design on paper.
- ☐ Avoid fungus gnats in houseplants by allowing soil to dry between waterings.
- ☐ Grow herbs or micro greens indoors to add fresh greens to your diet. More tips at garden.usu.edu.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes:					01	02
					New Year's Day	
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
	Martin Luther King, Jr. Day					
24	25	26	27	28	29	30
31						

START Goals

Specific • Trackable • Attainable
Realistic • Timely

Personal

☐
☐
☐

Home & Family

☐
☐
☐

Yard & Garden

☐
☐
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Cabbage Patch Stew

Find this recipe and more on the Utah Food Sense blog EatWellUtah.org.

1/2 lb lean ground beef
1 large onion
1 c celery
2 c shredded cabbage
1 T Worcestershire sauce
2 t chili powder
1 t garlic powder
1/4 t cumin
2 c water
1 T sugar
1-15 oz can kidney beans, rinsed and drained
2-15 oz cans Mexican stewed tomatoes

Brown meat and drain; return to pan. Add onion, celery and cabbage. Cook until vegetables are clear or wilted, 3-5 minutes. Add remaining ingredients. Simmer uncovered for 1/2 hour.

