

January  
2024

# EAT BETTER FOR LESS

EatGatherGo.org

## Family Fit Lifestyle Month: Start the Year With Family Fun

Like millions of people around the world, your resolutions probably included exercise more, eat better, and spend more quality time with family and friends. Maybe that's why January is Family Fit Lifestyle Month. What better way to start the year? Here are some fun and simple ways to check those boxes!



### Week 1: Play Ball

Have a snowball fight. No snow/too cold? No problem. Make balls out of scrap paper! Warm up afterwards with our Cheesy Potato Soup. Find the recipe at [eatgathergo.org/recipe/cheesy-potato-soup/](https://eatgathergo.org/recipe/cheesy-potato-soup/)



### Week 2: Cook Together

Pizza Week begins on Jan. 14, so gather ingredients and the family to make personal pizzas. Find the recipe at [eatgathergo.org/recipe/my-personal-pizza/](https://eatgathergo.org/recipe/my-personal-pizza/) . Add a fun pizza dessert too! Get it at [eatgathergo.org/recipe/fruit-pizza/](https://eatgathergo.org/recipe/fruit-pizza/) .



### Week 3: Shake It!

Start a dance party tradition. Pick 1 to 3 fast-paced songs to play daily at a time that works best for your family and dance together. Add to the party atmosphere with our trail mix: [eatgathergo.org/recipe/do-it-yourself-trail-mix/](https://eatgathergo.org/recipe/do-it-yourself-trail-mix/)



### Week 4: Be a lean, mean, cleaning machine

Ask everyone to help with the chores. Shovel snow together. Race to clean a room. Have a cleaning party while you vacuum, dust, and pick up toys. Pop these potatoes in the microwave for dinner later!  
[eatgathergo.org/recipe/southwestern-stuffed-potatoes/](https://eatgathergo.org/recipe/southwestern-stuffed-potatoes/)



Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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