



Achieving Your Goals With Goetze's!

At Goetze's, we know that the Average Kid isn't perfect. No one is. But if there's something you'd like to change, Goetze's encourages you to get up and do something about it!

We have found that goals sometimes seem more tangible if we write them down. It also helps if we set a number of smaller objectives, instead of one really big one. For example, if you realized that you weren't eating your recommended daily servings of fruits and vegetables, you might want to eat three more servings each day. But that might be pretty hard to do over night. If the change is gradual, you might find the change easier. You could eat one more serving each day for three weeks, add another for the next three weeks, and then another until you fulfill your recommended daily allowance. And by the end of the 12 weeks, you should be more accustomed to eating more fruits and veggies.

What would you like to accomplish in the next 12 weeks?

- Add three more servings of fruits or veggies to daily food intake
 - Add one serving for the 1st three weeks
 - Add another serving for the 2nd three weeks
 - Add a third serving for the next three weeks

What is standing in your way?

- Busy all day - easier to eat snack foods
- Prefer snack foods over fruits and veggies

How can you accomplish your goals?

- Break the goal into 3 parts (shown above)
- Make healthy snacking interesting
 - Eat carrots and ranch dip (dip makes everything better)
 - Eat apple slices with caramel
 - Eat "ants on a log" - halved celery sticks with peanut butter and raisins
- Eat salads for lunch or dinner
- Eat a veggie with dinner
 - Ask Mom to make something I'll eat (green beans) instead of something that I don't like (cooked carrots)
 - Force myself to eat them...even if I have to pinch my nose!

Twelve weeks might seem like a long time, but it's not so bad. After a while it should become a habit, and hopefully you unconsciously continue to make the better choice later. Goetze's hopes that when the 12 weeks is up, you have not only accomplished your goal, but also improved your overall self.

Best of luck!