



It's a New Year and time to start fresh. Getting rid of clutter can help you live a simpler life and can jumpstart you into a new habit building mode. Here are some suggestions on changes to make at home.

Closet Case. Is there something in your closet with shoulder pads? Does your child still have pants in their drawer that are impossible to button? Now is the time to get rid of all the clothes your family doesn't need. Donate them to a local organization.

Expiration Elimination. – The jelly from summer 2016 is not good anymore. Neither is the mayonnaise from fall. Go through your refrigerator and pantry and double-check all the expiration dates. It's so easy to let stuff sit, but use this opportunity to make sure all your food can be eaten. Replace with fresh, healthy food for the new year. Not sure when to toss it? Check out these helpful [food expiration guidelines!](#) After that learn how to save money and [cut down on food waste!](#)

Get in your Garage! Is getting through your garage like going through a maze? Don't get lost anymore. Start by organizing stuff into boxes. You'll find a ton of stuff you don't even need that you can get rid of with a yard sale. It's an easy way to declutter and make a little cash. Reward yourself by buying that piece of exercise equipment you've been wanting! Check out these [home gym gadgets](#) you can buy new or used.

Pre-Pear to love Pears! Pear season is almost over, but there is still time to enjoy this delicious fruit. Pears are making a comeback and rightfully so. It's jammed packed with vitamins and antioxidants. Enjoy as is or try some of the following recipes:

- Pear Gorgonzola Pizza: Top a pizza crust with Gorgonzola cheese, sliced pears, chives and [walnuts](#). Bake in the oven at 400 degrees for 20 minutes.
- Granola Dipped Pears: Using yogurt, [peanut butter](#) and a splash of milk, make a dip for the pears. After dipping, coat in granola. This is a great snack for kids!
- Pear [Oatmeal](#) Breakfast Smoothie: Place two cups skim or soy milk, one pear, 1 cup berries, ½ cup quick-cooking oats and ½ teaspoon cinnamon into a blender and puree until creamy.



Parent Power Tips from SuperKids Nutrition Founder

The New Year often brings about change. Maybe you are looking to quit a bad habit or pick up a better one. Perhaps it's a change in lifestyle; maybe being more active or spending time with your family. Changes are easy to make, but not easy to stick to. Try these 3 ways to make your change permanent.

Make it easy to start. Starting small is the way to go. If you try to go too big too fast it will be harder to stick to the behavior. Set little goals for yourself to get to your ultimate goal. See [how to goal set to accomplish your goals!](#)

Be consistent. Work on what you want to change on a daily basis. It might be harder some days than others to stick to a change, but making it a part of your life will make it a habit to you.

Don't expect yourself to be perfect. [Life gets messy, just like your kitchen!](#)

As with anything in life, there are ups and downs. There will be days when you don't stick with your new regime. Just remind yourself that permanency takes time. Always congratulate yourself on what you accomplish instead of focusing on your mistakes.

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