

## Change One Thing: New Year's Resolutions

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With the New Year just a few days away, you have probably already spent some time – or told yourself you’re going to spend some time – thinking about your resolutions for 2012. One of the Food Bank’s central goals is to help build a healthier city through nutrition education – and within the CookShop team, we are resolving to inspire more New Yorkers to Change One Thing and build a healthier lifestyle.

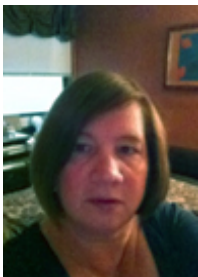
A social marketing campaign that encourages New Yorkers to improve their health by making small changes to their diet, Change One Thing can be a great model for your own resolutions. Rather than resolving to hit the gym four days a week or to kick fried foods once and for all – c’mon, who are you kidding? – why don’t you drink water instead of that daily soda, or pick up some fruit instead of that bag of chips at lunch?

We asked some of our CookShop students and members of the Food Bank network to tell us what they would change in the New Year....



**George , CookShop Classroom Student, PS180M**

"Instead of eating meat, I would eat carrots. Instead of drinking milk with fat in it, I would drink soy milk. Instead of drinking juice, I would drink water."



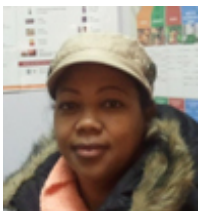
**Laura Smith, CookShop Classroom Parent Coordinator, PS 47X**

"I'd like to exchange my dinner roll with a new vegetable every night ."



**Russell, EATWISE peer educator , New Dorp High School**

"I'd like to drink water throughout the day and eat vegetables three times a day."



**Marcia, Customer, Food Bank Community Kitchen & Food Pantry**

"In the new year I hope to get less meat and more vegetables. I want my whole family to participate. My husband is diabetic and I want to prevent my children from being diabetic too."



**Margarett Purvis, President and CEO, Food Bank For New York City**

"Locally grown food is so important. So, in 2012 I'm going to take a stab at gardening. I think I'll start with herbs and tomatoes!"

So how about YOU? What's your Change One Thing resolution for the new year?