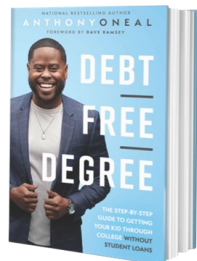


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- **Cutting down on convenience foods.** It doesn't take much time to shred your own cheese, cut your own vegetables and fruit or make your coffee at home, and it will save you money!
- **Make your own.** Try not to rely on too many pre-prepared packaged foods or restaurant meals, which generally cost more. Taking the extra time to prepare your own food with nutritious ingredients can save you money and will be better for you!
- **Choose meatless meals.** Prepare meals with nutritious, fiber-rich meat alternatives such as dried beans, peas, lentils, nuts and seeds often. Eggs, peanut butter and tofu are also good low cost meat alternative options. Some examples of meatless meals are bean burritos with salad, rice and bean casseroles with vegetables, vegetable and cheese omelets with whole grain toast and tofu vegetable stir fry on rice noodles.



What if you made a resolution to avoid going into debt in the first place? The *average teenager spends \$2,600 per year on food and clothing.*

***If you plan a budget and save your money – you can go to university or college debt free!***

For more information on saving money for college read Debt Free Degree by Anthony O'Neil.

Straight Talk - Eating Right When \$ is Tight!

New Years is a great time of year, it's a fresh slate! It's a time to plan out where you want to be a year from now.

Two of the most popular New Year's resolutions are: to eat healthy and to get out of debt. *A lot of people think that eating healthy has to be more expensive, but that's just not true!*

A few ways that you can save money and live healthier is by:

LUNCH BOX IDEAS



Recipe - Baked Crispy Orange Chicken



*This baked orange chicken tastes better than any Chinese take-out you'll get at a restaurant, and you'll save money! This is a dish that you will want to make over and over again.*

Prep Time: 30 minutes  
Cook Time: 1 hour  
Author: Jessica - Together as Family

Ingredients:  
Crispy Chicken

- 4 boneless, skinless chicken breasts
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 cups cornstarch
- 4 large eggs
- 1 cup canola oil

Orange sauce

- 2/3 cup brown sugar
- 2/3 cup orange juice
- 1/4 cup low-sodium soy sauce
- 1/4 cup rice wine vinegar
- 1 teaspoon garlic salt
- 1 teaspoon cornstarch
- zest of one orange

Instructions

- Preheat oven to 325 degrees. Spray a 9x13 baking dish with cooking spray. Set aside.
- Heat the canola oil in a large skillet pan over medium-high heat.
- Cut chicken into bite-sized pieces and sprinkle salt and pepper over the chicken pieces. Add chicken pieces to a large Ziploc bag (or a large bowl) and add the cornstarch. Close the Ziploc bag and shake to mix it together coating chicken pieces in cornstarch.
- Crack the eggs into a bowl and beat with a fork.
- Take a handful of cornstarch coated chicken pieces out of the bag and place in the egg. Coat both sides of each piece and then place in the hot oil. Let cook for 2-3 minutes per side. You just want a nice crispy crust; you do not have to cook them all the way through. Repeat with the remaining chicken pieces in several batches. It takes approx. 4 batches to cook them.
- Once chicken pieces are done, place them on a plate lined with paper towels so they can drain.
- Add the crispy chicken pieces to the prepared 9x13 baking pan.
- Combine all the ingredients for the orange sauce into a small bowl and stir with a whisk until mixed together. Pour over the chicken and stir to coat all the chicken pieces in the sauce.
- Bake, uncovered for 1 hour, turning and mixing the chicken every 15 minutes to make sure it stays coated in the sauce.
- Serve with steamed or roasted broccoli over rice, and garnish with green onions.





## Brain Business - Starting the New Year Right!

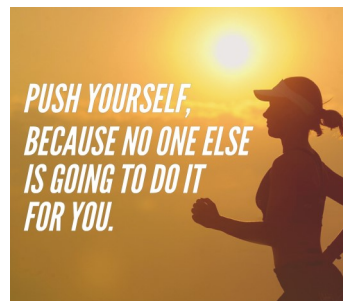
With the start of a new year, people often decide to make changes or “resolutions” for the upcoming year. Oftentimes these grand ideas fail to materialize, leaving people feeling as though they have failed. This is generally the result of setting unreasonable and unrealistic expectations of oneself.

Deciding to work out 5 days a week when you’ve never set foot in a gym before, deciding to get straight A’s in every class, or reducing screen time (smart phone, video gaming, etc.) by over half, may not be achievable goals in the short term. These are likely impossible goals to achieve immediately.

Looking at the year ahead and *deciding to make some changes can be wonderfully positive*. What is important though is to *be realistic and set reasonable goals*. You can’t climb a mountain with one giant step; you need to take one step at a time. This holds true for any personal goal. *Larger goals can be broken down into smaller steps*. This allows a more realistic approach that builds on success. *Achieving one step helps us stay motivated for the next one!*

Consider what first steps you can take where you will experience success. Notice how good it feels when you have accomplished a step in the right direction. Keep building on these steps to move forward towards your goals. *Celebrate and reward your successes and keep setting reasonable goals!* New Year’s resolutions don’t fail because people can’t make changes, they often fail because the expected changes are not reasonable to achieve in the time expected.

Written by: Shauna Doerksen & Curtis Kulpa - School Social Workers



## Calm in the Storm

**Need a way to keep Calm in the Storm?** Meditation is a healthy way to cope with stress. This app created by Klinic can help you do that! It is easy to use, and caters to each individual user.

The home screen on the app includes four categories:

1. **Check-in:** This feature allows you to assess how you are feeling and identify which features on the app might be helpful for you. You can create a profile and use the app to track how your stress presents itself in terms of what emotions you are feeling, how your body is reacting, and what thoughts you are having
2. **Relief:** This feature allows the user to choose from a variety of meditations and mindfulness activities. Some examples are guided body scans and guided imagery. The neat part of this feature is that you can customize the length of the activity and choose between 5, 10, or 15 minutes.
3. **Learn:** This part of the app provides information on what stress is, how to manage your stress, and staying safe among other categories
4. **Safety Plan:** You can create a customized safety plan including your own personal warning signs for when you are not doing well, a section where you can customize your sources of strength, and nine other sections. This allows you to be proactive and have a plan on hand for when you need it.

You can download this app on the iTunes store, or access it by going to [calminthestormapp.com](http://calminthestormapp.com)



## Did You Know??? Chatting with Katy - AFM

**Katy’s office is a safe space that is open for you to chat with her! Come see her if:**

- Someone else’s alcohol or drug use is affecting you, or you feel worried about someone else’s drug use
- You have questions regarding alcohol and other drugs, especially in regards to safer limits guidelines
- If you feel at risk for using alcohol or other substances, and want prevention advice
- You are interested in going to a treatment center and have questions about what to expect

**If you have any questions or concerns, feel free to book an appointment to see Katy today!**



Katy Scammell  
AFM Counselor

## How Healthy Is Your Relationship?

Our lives are full of all sorts of different relationships, and our past relationship experiences shape our future relationship expectations. **All people deserve healthy relationships**, but at times it can be difficult to determine what is healthy vs unhealthy, especially if you have experienced an unhealthy relationship in your past.

### Healthy Relationship Qualities:

- Mutual trust, respect and support between partners
- Open and honest communication
- Safety for both partners
- Freedom to have friends and hobbies outside of the relationship
- Equal fulfillment of partners needs
- Respect for each partners feelings and opinions
- Resolving disagreements in a respectful and calm way



### Unhealthy Relationship Qualities:

- Unequal division of power and control within the relationship
- Name calling, blaming, yelling or physical fights when disagreements arise
- Jealousy, one partner does not allow interactions with other friends or other guys and girls
- Pressure from a partner to do things or not do things you enjoy or prefer not to do
- Not caring about a partners opinion, feelings or needs
- Placing one partners needs, opinions and power above the other partners
- Feeling unsafe or afraid of your partner

**Everyone has the right to be in a healthy and safe relationship, free of violence and abuse.** If you have any concerns about your relationships use the links below for more information, connect with someone you trust, or come see us at the SRSS Health Clinic.

[https://www.gov.mb.ca/stoptheviolence/youth\\_healthy\\_relationships.html](https://www.gov.mb.ca/stoptheviolence/youth_healthy_relationships.html)

<https://serc.mb.ca/sexual-health-info/relationships/communication/>