

Chickin Feed's top 10 list...

Share YOUR ideas with Chickin Feed
email Mo'Hen: leslie@chickinfeed.com

for building healthy habits.

1. Drink Water! (It's free!)
2. Drink Water! (It won't make you feel bloated)
3. Drink Water! (It WILL make you feel better)
4. MOVE. Do something to stretch or flex or bounce whenever and wherever you can: watching TV, in the car, behind the desk, waiting in line - It's OK to be that wierdo exercise person.
5. Get what you NEED 1st. Then you can have what you *want*.
6. FRESH. FROZEN. CANNED. In that order and try to minimize the last one!
7. LESS CHOICE? Sure. Offer the foods you want your chickens to eat – then don't ask them what they'd rather have! In the drive-thru line? Tell them what they are having before you get to the order window and have a big fit. Let them know that the choices you have prepared or have selected were well thought out, are healthy and that's what they should be eating. Arm yourself with Nutrition Facts & REMEMBER YOU ARE THE PARENT IN CONTROL.
8. Buy the best quality foods you can afford. You might end up with less groceries overall, but LESS OF BETTER is better than MORE OF POOR. (Check out the Organics Primer on our blog)
9. READ THE LABELS! IF your food has one, read it. Incorporate lots of foods that DON'T have labels (i.e. fruits, vegetables, etc.) and try to find foods with short ingredient lists of things that you CAN pronounce! Be wary of "wolf in sheeps clothing" – packaging that screams "I'm Healthy!"
10. MAKE SNACKING EASY! Buy, prep and package serving sizes of healthy snacks: frozen fruit, corn or peas; fresh celery, carrots, peppers, cucumbers, pretzels, whole grain crackers. Put these healthy snacks where the chickens can grab them & go and DON'T SNACK OUT OF THE BAG!
11. (It goes to eleven!) PARENTS CAN HAVE FUN TOO! Run around and play like a kid with your kids! Outside! If you are carrying a few extra lbs and are intimidated by exercise or think you don't look good enough in that joggin suit . . . Just Remember, *If it ain't shakin', It won't fall off!*