

MARK YOUR CALENDARS

- January 1st — New Year's Day
- January 4th — Spaghetti Day
- January 6th — Bean Day
- January 19th — Popcorn Day
- January 21st — Granola Day
- January 28th — Blueberry Pancake Day

Breakfast Granola Parfait

Ingredients:

- 2 cups of plain, vanilla or fruit-flavored Greek or traditional yogurt
- 4 tbsp of honey
- 1 cup of grapes, cut in halves
- 1 cup of fresh or frozen blueberries
- 1 medium banana, sliced
- 1/2 cup of Cinnamon Toast Crunch™
- 1/2 cup of Cheerios™
- 1/2 cup of granola

Directions:

1. Start with 1/2 cup of berries
2. Add 1/2 cup of yogurt
3. Add 1/4 cup of Cinnamon Toast Crunch™
4. Add 1/2 cup of grapes and 1/2 of the banana
5. Add 1/2 cup of yogurt
6. Add 1/4 cup of Cheerios™ and 1/4 cup of granola on top. Drizzle with 2 tbsp of honey



National Spaghetti Day

It doesn't matter what your family's New Year resolution is, a spaghetti dinner will bring them together!

Create a fun and healthy pasta bar that offers plain, whole wheat and a variety of wheat-free pastas. Include protein such as meatballs, grilled chicken, and cheese. Provide different vegetables in all different colors like roasted peppers or eggplant, tomatoes, broccoli, asparagus, spinach and even squash. Top it all off with red sauce, Alfredo sauce, pink sauce, pesto, or a little olive oil.

There is no way to get it wrong. Creating a pasta bar that fits your family's needs is a fun way to get everyone to eat and cook together!



3 Tips for a Stronger New Year!

1. Prepare meals in advance. Stay on track by organizing meals and snacks so that you can easily grab and go.
2. Eat breakfast for energy and strength to support your brain and muscles.
3. Drink lots of water!

Healthy Meals Grow Healthy Kids



Ages 4-6	7 Cups
Ages 9-13	9-10 Cups
Ages 14-18	10-14 Cups