

# Cafeteria Connection

January 2024

## Did You Know?

75% of U.S. children fail to get the recommended daily physical activity, 19% are obese, and 45% of youth living in poverty are overweight or obese? For this reason, it is extremely important for kids like you to stay active daily. How much physical activity do kids ages 6 through 17 need daily? The recommended amount of moderate-to-vigorous intensity physical activity daily is about 60 minutes. There are also different activities, such as aerobic, muscle-strengthening, and bone-strengthening. Examples of aerobic activity include walking, running, or anything that makes your heart beat rapidly. Muscle-strengthening activities include climbing or doing push-ups at least three times per week. Bone-strengthening activities include jumping or running 3 times weekly. Make it a goal to include daily physical activity!

## Get Cozy with a Warm Winter Drink

Sometimes all you need to get cozy on a cold winter day is a warm, tasty drink! Mixing a variety of natural ingredients together can be comforting, fun and nutritious. Ideas for healthy warm drinks include:

- ❄️ **White Hot Chocolate** (supports bone health and boosts immunity)
- ❄️ **Honey Lemon Tea** (helps eliminate toxins and promotes digestion)
- ❄️ **Hot Vanilla Milk** (aids in stress reduction and relaxation)

## January Holidays

National Oatmeal Month

National Soup Month

**Jan 1** New Year's Day

**Jan 4** National Spaghetti Day

**Jan 15** National Bagel Day

**Jan 19** National Popcorn Day

**Jan 23** National Pie Day



## January - Cauliflower

### Florida Citrus Barbecue Cauliflower

#### INGREDIENTS:

- 1 Florida cauliflower
- 1 Florida orange, zested and juiced
- 2 tablespoons finely chopped parsley, for garnish
- ½ cup barbecue sauce (your favorite)
- 1 teaspoon all-purpose seasoning (your favorite)
- 1 tablespoon oil, for cooking
- Sea salt and fresh ground pepper, to taste

#### INSTRUCTIONS:

Preheat oven to 375°F. Slice cauliflower into ½-inch thick steaks and place on parchment-lined sheet pan. Brush oil onto cauliflower, season with all-purpose seasoning, salt and pepper. Place in oven for 20 minutes. Zest and juice orange. Combine barbecue sauce, orange juice, and half of the orange zest and set aside. Remove cauliflower from oven and turn oven on to broil. Brush a generous amount of sauce onto each steak and sprinkle remaining zest evenly. Place directly under broiler until sauce is caramelized, about 3-5 minutes. Remove from oven and garnish with chopped parsley.



## Enjoy!