



JANUARY 2026

National Oatmeal Month!

MEMORIES

Many of us have had or at least tried oatmeal once upon a time. We may remember the first glance, first taste, or first time we enjoyed oatmeal. Who made the oatmeal for us, or who we made the oatmeal with, could be a nostalgic treat in and of itself. During the winter months, many people often warm themselves up with a nice hot bowl of oatmeal any time of day.

HEALTH BENEFITS

If you include oats or oatmeal in your daily diet, your potential for reducing risk of heart disease rises, your ease of blood flow increases, skin irritation/inflammation is reduced, and it could lower your blood sugar significantly. Imagine if we introduced or reintroduced this nostalgic treat into our everyday diets. Oats are positively considered a superfood since they're densely packed with nutrients our bodies crave. Try adding some honey instead of sugar for sweetness or some blueberries to change it up!

QUICK AND EASY!

Making oatmeal is quick and easy! You just need a few ingredients to start, and you and your body will feel like you're on cloud 9: rolled oats and water, and you can use pre-packaged portioned oatmeal or raw oats. Use your imagination for all the delicious fresh fruit toppings you can add to your oatmeal. Start the New Year with having more oatmeal for breakfast!

EASY OATMEAL RECIPE

- 1/2 cup rolled oats
- 1 cup (250 ml) water or milk
- A pinch of salt



Combine ingredients in a pot and bring to a boil. Reduce heat to a simmer and cook the oats, stirring occasionally, until soft.



January Holidays

National Soup Month

National Oatmeal Month

Jan 1 New Year's Day

Jan 4 National Spaghetti Day

Jan 6 National Bean Day

Jan 11 National Milk Day

Jan 12 National Curried Chicken Day

Jan 14 National Hot Pastrami Day

Jan 15 National Bagel Day

Jan 18 Winnie the Pooh Day

Jan 19 Martin Luther King Jr. Day

Jan 20 National Cheese Lover's Day

Jan 21 National Granola Bar Day

Jan 23 National Pie Day

Jan 30 National Croissant Day

Jan 31 National Hot Cocoa Day



Dietitian's Pick

This recipe contains roasted cauliflower that is brushed with a citrus BBQ sauce. Cauliflower, the star ingredient, is a cruciferous vegetable that is a good source of fiber and vitamin C. Vitamin C is needed in our body for many functions, such as supporting the immune system by stimulating the production of white blood cells, which help fight off infections and illnesses. Vitamin C is also needed for the making of collagen, a protein that is important for the health of skin, bones, cartilage, and other connective tissues. Adding this nutritious recipe to your meals will definitely satisfy your taste buds while providing you with important nutrients.



Citrus BBQ Cauliflower



INGREDIENTS:

- 1 Cauliflower
- 1 Orange, zested and juiced
- 2 tablespoons finely chopped Parsley, for garnish
- 1/2 cup Barbecue Sauce (your favorite)
- 1 teaspoon All-Purpose Seasoning (your favorite)
- 1 tablespoon Vegetable Oil
- Sea Salt and Fresh Ground Pepper, to taste

INSTRUCTIONS:

Preheat oven to 375°F. Slice cauliflower into 1/2-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!

National Fresh Squeezed Juice Week!

BEGINS THE THIRD WEEK IN JANUARY!

Release some tension by squeezing some juice out of your favorite fruits and veggies and reap the nutritional benefits! The amount of concentrated vitamins, minerals, antioxidants and flavors your body gets from drinking a fresh juice are exponential. It's a brilliant way to boost your immune system during cold and flu season peak time between December and February. However, any time of the year is great for freshly squeezed juice if you ask me. Mix some of your favorite fruits or vegetables or both! It's the new year, go ahead and try something new and fun. This is a great way to benefit your body with enormous nutrition!

