

Cafeteria Connection

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.



Blueberry Crisp Serves 6

INGREDIENTS:

- 5 cups Blueberries fresh or frozen
- 2 tablespoons Sugar
- 3 tablespoons Flour
- 1 Lemon

TOPPING:

- 1/4 cup Butter softened
- 1/2 cup Brown Sugar
- 1/4 cup All-Purpose Flour
- 3/4 cup Oats Regular or Quick
- 1/4 teaspoon Cinnamon



INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Grate the rind of the lemon and squeeze the juice of half of the lemon.
3. Toss blueberries, with sugar, lemon rind, 1 tablespoon lemon juice and 3 tablespoons flour. Place in a 2qt baking dish.
4. With a fork, combine the butter, brown sugar, oats, flour, and cinnamon until crumbled. Sprinkle over blueberries.
5. Bake 35-40 minutes or until the top is golden brown and the fruit is bubbly. Cool slightly and serve warm.

Enjoy!



January Holidays

National Soup Month	National Oatmeal Month
Jan 1	New Year's Day
Jan 1	Solemnity of Mary, The Holy Mother of God
Jan 3	Most Holy Name of Jesus
Jan 4	National Spaghetti Day
Jan 4	The Epiphany of the Lord
Jan 6	National Bean Day
Jan 11	National Milk Day
Jan 11	The Baptism of the Lord
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 25	Feast of the Conversion of St. Paul the Apostle
Jan 30	National Croissant Day
Jan 31	National Hot Cocoa Day

Dietitian's Pick

In this recipe, blueberries are used along with whole wheat flour and rolled oats. Blueberries are a nutritional powerhouse since they contain more antioxidants than almost any other fruit and vegetable. Antioxidants help our bodies fight disease and keep us healthy overall, while also being the second most popular berry in the United States! As for the oats and whole wheat, they both provide us with fiber which helps us maintain a healthy digestive system, so make sure to include this recipe in your diet for an added boost of antioxidants and fiber!



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!

