



# 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 service warm.

*Enjoy!*

## January Holidays

National Soup Month	
National Oatmeal Month	
<b>Jan 1</b>	New Year's Day
<b>Jan 4</b>	National Spaghetti Day
<b>Jan 6</b>	National Bean Day
<b>Jan 11</b>	National Milk Day
<b>Jan 12</b>	National Curried Chicken Day
<b>Jan 14</b>	National Hot Pastrami Day
<b>Jan 15</b>	National Bagel Day
<b>Jan 18</b>	Winnie the Pooh Day
<b>Jan 19</b>	Martin Luther King Jr. Day
<b>Jan 20</b>	National Cheese Lover's Day
<b>Jan 21</b>	National Granola Bar Day
<b>Jan 23</b>	National Pie Day
<b>Jan 30</b>	National Croissant Day
<b>Jan 31</b>	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!

