



Maschio's
Food Services, Inc.

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.



Perfect Baked Sweet Potato Serves 4

INGREDIENTS:

- 4 Sweet Potatoes, scrubbed clean
- Olive Oil, optional
- 4 tbsp. Butter
- Kosher Salt
- Freshly Ground Black Pepper



INSTRUCTIONS:

Step 1

Preheat oven to 425°. On a baking sheet lined with aluminum foil, prick sweet potatoes all over with a fork. Rub the outsides with a small amount of olive oil if you intend to eat the skins.

Step 2

Bake until tender, 45 to 50 minutes.

Step 3

Let cool, then split the tops open with a knife and top with a pat of butter.

Step 4

Season with salt and pepper before serving.

Enjoy!

January Holidays

National Soup Month	Jan 1	New Year's Day
National Oatmeal Month	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

Sweet potatoes are a root vegetable that come in different colors such as white, yellow, orange, red or even purple. Sweet potatoes are high in beta-carotene which is converted to vitamin A in our body. They are also high in potassium which balances the fluids in your body, is important for normal blood pressure, muscle growth and the functioning of the brain and nervous system. Baking sweet potatoes preserves their natural sweetness making them a delicious choice for a nutrient-dense side, snack or main course!



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!

