



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



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!

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!

