

NUTRITION NEWS



January 2023

WHAT'S HAPPENING IN JANUARY:

1st New Year's Day
4th National Spaghetti Day
6th National Bean Day
9th National Apricot Day
11th National Milk Day
12th National Curried Chicken Day
16th Martin Luther King Jr. Day
19th National Popcorn Day
21st National Granola Bar Day
24th National Peanut Butter Day
January 15-21: National Fresh Squeezed Juice Week

National Birth Defects Prevention Month
National Glaucoma Awareness Month
National Hot Tea Month
National Oatmeal Month
National Slow Cooking Month
National Soup Month
Thyroid Awareness Month

For National Slow Cooker Month check out these [10 Food Safety Tips for the Slow Cooker](#):

[10 Food Safety Tips for the Slow Cooker \(eatright.org\)](#)

Break out your slow cooker and try this [Minestrone soup recipe](#):

[Slow-Cooker Minestrone Soup Recipe \(eatright.org\)](#)

[Follow these links for more great ideas and tips!](#)

Try this easy and delicious chili popcorn next time you have a Family Movie Night at home: [Easy Chili Popcorn Recipe \(eatright.org\)](#)

During Glaucoma Awareness Month, opt for whole foods for vitamins, minerals and antioxidants that promote eye health: [Foods for Eye Health \(eatright.org\)](#)

Make sure at least half of your grains are whole grains! Try incorporating these five foods into an upcoming menu: [5 Whole Grains to Keep Your Family Healthy \(eatright.org\)](#)

Set smart goals in 2023 with the help of a Registered Dietitian Nutritionist (RD). For more info, visit [Set Smart Lifestyle Goals with the Help of a Registered Dietitian Nutritionist \(eatright.org\)](#)

Always prepare meals with food safety in mind! Review these essential tips: [Cook Once Eat Safely throughout the Week \(eatright.org\)](#)

Following healthful recipes is easier if you understand cooking vocabulary. Brush up on your culinary lingo: [Culinary Lingo \(eatright.org\)](#)

Is your New Years Resolution to meet current physical activity recommendations? To some, 150 minutes per week may seem like a lot, but you can break it down to fit your schedule. Learn more: [30-Minute Workouts for Any Schedule \(eatright.org\)](#)

Ring in the new year by building healthy lifelong habits with the whole family. For tips, visit [Raise Healthy Eaters in the New Year \(eatright.org\)](#)