

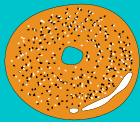


# JANUARY NUTRITION NEWSLETTER



Welcome to 2023! Hoping everyone had a safe and fun holiday!

As we head into some of the coldest months of the year, we have a few menu features to help keep warm. Our district will be having a *Limited Time Offering of a Black Bean Chili Bowl* and we will be celebrating *National Hot Chocolate Day* on *January 31st*.



## National Days in January

January 4th- Spaghetti Day

January 6th- Bean Day

January 15th- Bagel Day (Celebrated in Schools)

January 23rd- Pie Day

January 31st- Hot Chocolate Day (Celebrated in Schools)



Don't let cold temperatures slow your movement routine.

Here are some ways to get moving this month.

Bundle up for a brisk walk

Ice-skating at a local rink

Try a hot yoga class to feel the burn

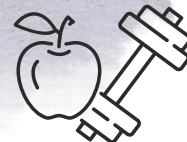
Stream an at-home workout video



## DON'T FALL FOR FADS

At the start of the new year many of us want to create a healthy lifestyle change. Many people try new diets, weight loss methods, and exercise routines which are often unsuccessful due to their extreme promises and unachievable expectations.

Remember when looking to create a positive health change that you should be realistic and to create consistent and achievable goals for yourself.



# Chocolate and Spice and Everything Nice

## Mexican Hot Chocolate

### Ingredients:

- 3 cups Milk
- 2 Tbs Cocoa Powder
- 3 Tbs Sugar
- 3/4 tsp Cinnamon
- 1 tsp Vanilla Extract
- 1/4 tsp Chili powder
- 1/8 tsp Salt
- 3 oz Semi-Sweet Chocolate



### Recipe:

0. Pour milk into a saucepan
0. add in cocoa powder, cinnamon, chili powder, salt, and sugar
0. Wisk all ingredients together
0. Warm the mixture over medium low heat (do not boil)
0. Once warm add in semi-sweet chocolate and stir until melted
0. Serve and enjoy!

## WINTER

KOAXMGUPNQDSHOVELCWFIT  
 ZBNIRETAEWSOJSYADILOHK  
 AJTQHVIMOGTLBRNPXUGFC  
 NTF SOLSTICEGEIAHRBDLRX  
 SDEZCUBNHLYPVMFRTAQWOP  
 LIBUKHF OAUPRTDILSNEGZO  
 WGRDELCCICIMXAEPTOHTSEB  
 HINFYOKGLOVESUMCRDIPNL  
 SRXILBWSPHUFNTRKAEBJQY  
 CFPADCECEMBEROZHBNGTASN  
 AHTOGRQHFTTLIWVDAEKSNPA  
 REKLWHAPUNOTSBGJCF OUI M  
 FCVBEKJODXNQHG LYSWRATW  
 MASGUNEMBKGZOPWIBQFRLO  
 ULOKFTNHSWJBECSAZPVYGN  
 EPDTICGAEROMSFLBKZHCAS  
 QEJHBIDULTHNYLGNITAKSM  
 ARWOEPNBZFNCSXJOHMURVG  
 BICLRMHGQPSEKALFWONSDU  
 YFSNVTEKCAJHDQZ I PLXMBR

blizzard	frostbite	igloo	skating	snowman
December	frozen	jacket	skiing	snowshoes
February	gloves	January	sleigh	solstice
fireplace	hockey	longjohns	slippery	sweater
fennel	hurlstone	mitts	snowshells	inhuman



hunnit  
furies  
frigid

hunnitja  
hot chocolate  
icicle

hunnit  
scarf  
shovel

hunnitja  
snowboarding  
snowflakes

hunnitja  
whiteout  
wintertime

