

JANUARY

BIG CITY BITES



Nutrition Services is delighted to bring back the much-loved Philadelphia Big City Bite's **Philly Style Cheesesteak**! Embark on a culinary journey with every bite, savoring not just a delicious meal but immersing yourself in the rich history, culture, and flavor of Philadelphia.

FRESH PICK



Kale is a nutrient-packed leafy green vegetable. Low in calories but rich in fiber, kale supports weight management and digestive health. Experiencing a culinary renaissance, kale is trendy for both its flavor and health benefits.

WELLNESS EDUCATION



Wellness education focused on **"Energy In"** and **"Energy Out"** provides a foundational understanding for individuals seeking to optimize their health. By fostering mindfulness around nutrition and promoting enjoyable physical activities, we empower ourselves to strike a balance that contributes to a life of vitality, resilience, and sustained well-being.

SPECIAL FOOD DAY



As we celebrate **National Popcorn Day** the humble popcorn kernel takes center stage in a burst of flavor and nostalgia. This beloved snack, enjoyed by millions around the world, transcends movie theaters to become a delightful companion for any occasion.

MONTH OF CELEBRATION



Martin Luther King Day serves as a poignant moment to honor the indelible legacy of a visionary leader. May this day inspire continued efforts toward justice, equality, and the fulfillment of the dream for a better, more unified future.

Nutrition Services nutrition information is available upon request.