

January

BIG CITY BITES



This month, we're taking a delicious journey to **Tokyo** as part of our Big City Bites series! We are featuring the **Chicken Katsu Sandwich**-inspired by Japan's famous comfort food. Encourage your kids to give it a try and enjoy this exciting international flavor. It's a great way to explore the world, one bite at a time!

FRESH PICK



This January, we're shining the spotlight on **broccoli**, a nutrient-packed powerhouse that's as versatile as it is delicious. Rich in vitamins C and K, fiber, and antioxidants, broccoli supports healthy growth and strengthens the immune system-perfect for keeping kids energized during the school day.

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



January 31st is **National Hot Chocolate Day** - a perfect time to cozy up with this classic winter treat! Loved by kids and adults alike, hot chocolate is not only delicious but can also be a source of comfort on chilly days. Let's sip, celebrate, and stay warm this winter!

ONE DAY CELEBRATION



On January 20th, we celebrate **Martin Luther King Day**, a time to honor the legacy of a leader who dedicated his life to justice, equality, and peaceful change. Dr. King's dream of a world where everyone is treated with dignity and respect continues to inspire us today.