



# Monthly Munch

Nutrition Newsletter  
January 2026

## January is Brown Rice Month



As we kick off a new year, January is the perfect time to focus on simple, nourishing foods that support healthy habits. This month we shine a spotlight on brown rice, a hearty and affordable whole grain that fits into everyday meals. It is packed with fiber, B Vitamins, and magnesium to support overall wellness. Small changes add up and choosing whole grains is an easy way to support long term health— one meal at a time!

### Recipe Corner: Lemon Scented Brown Rice

**Number of Servings: 6    Serving Size: 1 Cup**

**Ingredients:**

- 1 2/3 cup uncooked brown rice
- 3 1/4 cup water
- 2 tsp lemon juice
- 1/8 tsp cinnamon
- 2/5 tsp salt

**Directions:** In a sauce pan, add water, lemon juice, cinnamon, and salt, Bring to a simmer. Add rice and infused water to a pan. Cover with foil. Bake in a 350 degree oven for approximately 25 minutes until water is absorbed and rice is tender. Fluff with a fork and allow to stand for another 5 minutes.

### Celebrating Brown Rice Month

This month we shine a spotlight on brown rice, a hearty and affordable whole grain that fits into everyday meals. Introducing small swaps, like choosing brown rice rather than white rice, helps families build nutritious habits that last all year. Try our brown rice recipe!

#### Whole Grain Wins

**Is your family used to eating white rice?**

Try mixing half white rice with brown rice to ease the transition!

