

# JANUARY NUTRITION NEWSLETTER

aramark



Welcome to 2024! 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 *Build Your Own Breakfast Sandwich Pop-Up station in the Highschool on January 19th*, a *Smoothie Tasting Event on January 10th at West Elementary*, and a *National Hot Sauce Day Tasting Event at East Elementary on January 22nd*.



## National Days in January

January 4th- Spaghetti Day

January 10th- Smoothie Day (Tasting event at West Elementary)

January 15th- Bagel Day (Observed in Schools)

January 22rd- Hot Sauce Day (Tasting event at East Elementary)

January 31st- Hot Chocolate Day



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.

