

Eat.Right.Now.

Nutrition Education for a Healthier Future



January 2008... The first month of a healthy New Year!

~ Cooking Clubs ~ Boys' Clubs ~ Newsletters
~ Health Fairs ~ Girls' Clubs ~ Career Fairs

Hot Topics:

New Year's Resolutions...

Many of us make them, and too little of us keep them! This year we wish all of you a healthy and happy New Year and want to work with you in helping you stay happy and healthy! Each month we present our teachers with monthly activity packets, bulletin boards and daily nutrition tips (written in our monthly calendars). Take a moment and review these with your students and your families. We will do our best to bring you healthy ideas and recipes throughout this year.

January is National Soup and Oatmeal Month

Both soup and oatmeal are two healthy items that you can incorporate into your daily food choices. There is documentation that as early as 600 B.C., the Greeks sold soup as a fast food on the street, using peas, beans and lentils as main ingredients (that is a lot of fiber!). Look on our [website](#) to read the top ten reasons why you should eat soup! Another great source of fiber is whole grain oats. Oats and other whole grain foods are an essential part of a healthy diet. Visit our [website](#) for lots of topping ideas!!!!

A New Taste Sensation..

Be on the lookout for umami (pronounced "oo-ma-mee")! First identified by a Japanese scientist a century ago, umami has long been an obscure culinary concept. The food industry is embracing umami as part of an effort to deliver highly flavored foods to consumers while also cutting back on fat, salt, sugar and artificial ingredients. Look for it on your grocery store's shelves soon!

Monthly Mentions

- **Nutrition Tip:** Instant oatmeal with low-fat milk is a fast, nutritious snack that provides vitamins B and E, fiber and calcium.
- **Fruit/Vegetable:** Greens and Bananas are the featured Vegetable and Fruit this month. For yummy recipes to try, visit our website: http://drexel.edu/nutritioneducation/jan_recipe_of_month.html
- **Look for Healthy Snack ideas in your monthly packets... SNACK.RIGHT.NOW.**

"One of the delights of life is eating with friends, second to that is talking about eating. And, for an unsurpassed double whammy, there is talking about eating while you are eating with friends." -Laurie Colwin

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Please use this activity in your classroom- don't forget to enter this information on your cost-share form.

Questions? Email: nutritioncenter@drexel.edu

HEALTHY SNACKS WORD SEARCH

F R E S H F R U I T R T R V E
 S B Z L S R K C M S Z E W E S
 A G B H E G E I L D T B X G E
 L Q R H C L D E P T R O I E E
 A T K A E I Z W U T A P M T H
 D R U R N T W B C T Y O L A C
 S I Y N E O T D H S S P I B E
 P F H R J U L L N Q A C A L G
 P H P U N G M A Z A L O R E A
 I L G A O E C Q B X S R T D T
 I I E K L C D E U A D N F I T
 O P J W G M A R R C R Y I P O
 K L N S P A R W A E G S T V C
 S M O O T H I E H M A Y Q X O
 E T Y O G U R T Q W Z L S F U

Celery	Smoothie	Salad	Cottage Cheese	Cereal
Fresh Fruit	Vegetable Dip	Yogurt	Popcorn	Trail Mix
Pretzels	Peanut Butter	Sandwich	Granola Bar	Wraps



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