



HAPPY
2018
NEW
YEAR



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January 4th:

National Spaghetti Day: ***Be on the lookout for Spaghetti and Meatballs!***

January 23rd:

Try-it-Tuesday :***Featuring a Midwest Tater Tot Casserole!***

January 31st:

National Hot Dog Day: ***We will be serving Turkey Hot Dogs!***

Fruit of the Month

Blueberries



Did you know?

Blueberries are an excellent source of Vitamin C and high in Manganese.

- ♦ Vitamin C is necessary for growth and development of tissues and promotes wound healing.
- ♦ Manganese helps the body process cholesterol and nutrients such as carbohydrates and protein.

For Questions Contact:

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New Year, New You

New years is a great time to reflect on the past year and look forward to the future. Do you have any habits or routines that you have been doing in the past that you would like to improve? Perhaps you would like to exercise more or you want to change your diet. Here are some helpful tips you can consider when making these changes:

- ♦ Take the stairs
- ♦ Drink at least 8 glasses of water per day
- ♦ Park far away from your destination
- ♦ Take time for yourself
- ♦ Pay attention to your portions
- ♦ Prep veggies for the week for convenient snacks
- ♦ Try to get 30 minutes of exercise 5 days a week
- ♦ Cook at home more often

Compton-Drew ILC Middle School Health Fair

Southwest Foodservice Excellence in partnership with the Saint Louis Public Schools hosted a health fair for the students at Compton-Drew ILC Middle School on December 19th. There were 11 vendors there providing the students with information on health and education opportunities. A special thanks to Leanne White, Project Director of Healthy Schools -Healthy Communities for donating the interactive smoothie bike.

