



Take a NOURISH Step!

Kick Off the New Year with Balance and NOURISH

January is the perfect time to find your balance after the hustle and bustle of the holiday season.

That's why we're excited to introduce NOURISH Step, a new format to our monthly nutrition education series! Each month, we'll share simple tips for healthy eating, staying hydrated, fun activities, and a delicious recipe.

January FUN Days!

1-14: Dress Up Your Pet Day

Take a pic & share!

1-18: Winnie the Pooh Day

Who is your favorite character?

1-24: National Compliment Day

Boost someone's day with a compliment!

Write down 3 compliments to yourself to nourish self-love.

More at brownielocks.com

Why take a NOURISH Step?

Small, steps can boost your energy, lift your mood, sharpen your mind, and improve your overall health.

The best part? You're in control! Choose the NOURISH Step(s) that work best for you.

Let's get started—take your first NOURISH Step today!



This Month's NOURISH Step Tips

January is Oatmeal & Soup Month. Bean Day is Jan. 6th

Let's start with Soup. It's great to share with a friend. You can even freeze the leftovers.

Celebrate Bean Day with *Navy Bean Gravy!* Recipe on p.2 It's rich in fiber, potassium, & protein!

Oatmeal is a powerhouse food. It contains soluble & insoluble fiber that benefit your heart & gut.

Try one or more of the NOURISH Steps below.



Switch from Instant Oatmeal to Old-Fashioned = Less sugar & salt & more fiber!

Old-Fashioned Oats have a lower glycemic index= feel fuller longer & more energy.

Try Savory Oatmeal by adding sautéed or leftover veggies for lunch or dinner.

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**



Try Navy Bean Gravy

Ingredients

- 1 can (15.5 oz) Navy Beans*
- 1 small yellow onion, finely chopped
- 2 cloves garlic, minced
- 2 TBSP Soy Sauce*
- 4 TSBP unsalted butter.
 - NOURISH Step- use less or half olive oil
- 1 tsp Salt
 - NOURISH Step- use less or salt-free seasoning blend
- 1 tsp Black Pepper



*NOURISH Step use low sodium version.

Directions

1. Combine Navy Beans, onion, garlic, soy sauce, 2 TSBPs butter or oil, & seasonings in blender until smooth.
2. Pour into saucepan and bring to a boil
3. Reduce heat & simmer until slightly thickened ~10 minutes.

Great served over pork, chicken, potatoes, rice, and more!

Recipe adapted from [Bushbeans.com/recipes](https://bushbeans.com/recipes)

**Hydrate to Think
Straight & Look Great!**



Fun Oatmeal Playdough

Ingredients

- 1 cup quick oats
- 1 cup water
- 1/2 cup + ~2 TBSP cornstarch



Instructions

- In a microwave-safe bowl, combine oats & water.
- Microwave for 60 seconds on high. Let cool.
- Add cornstarch to the cooled oatmeal and work it in with your hands.
- Once the ingredients are fully combined. If the dough still feels sticky, add more as needed.
- Roll or pat flat & cut out shapes.

Notes

The dough can be stored in a sealed bag or airtight container in the fridge for up to 5 days.

Make memories with young ones or enjoy on your own! Playing with the dough can strengthen your grip & reduce stress. Have fun!

Recipe adapted from <https://thecraftathomefamily.com>

Warm up during January Hot Tea month!

A cup of tea can reduce stress, aid digestion, & helps you stay hydrated- perfect for a balanced lifestyle.



If you want more pep, take a NOURISH Step!
For more information visit: gwaar.org/nourishstep

