

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



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.

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.



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.

For more information visit: gwaar.org/nourishstep



Try Navy Bean Gravy

Ingredients

- 1 can (15.5 oz) Navy Beans*
- 1 small yellow onion, finely chopped



- 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

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

Hydrate to Think Straight & Look Great!



*NOURISH Step use

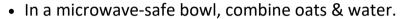
low sodium version.

Fun Oatmeal Playdough

Ingredients

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

Instructions



- 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

