

# Cafeteria Connection

January 2025

## National Soup Month!

With January being one of the coldest months of the year, it makes sense for it to be national soup month! Enjoying a cup of soup is a great way to stay warm in winter. There are so many different types of soup. Here are some tips on how to make your soup healthier and more nutritious:



- 🥄 Watch out for sodium content. Canned soups are high in sodium, so try making your own soup at home from scratch with low-sodium broth. Eating high-sodium foods regularly can make your body hold on to extra water and puts you at risk of having high blood pressure.
- 🥄 Substitute cream with starchy vegetables. If you love creamy soups more than broth-based soups, you can substitute the cream for a starchy vegetable such as a potato or butternut squash. When blended with the soup, they act as a thickener and give the soup the creamy consistency you like without needing to add any cream!
- 🥄 Add an array of vegetables. Adding different vegetables to your soup ensures that you get a mixture of vitamins and minerals that your body needs. Be creative and try different vegetable combinations that you haven't tried before!
- 🥄 Soups are versatile and diverse, with flavors ranging from sweet to savory. Whatever your preference is, there's a soup crafted just for you!

### REFERENCES:

- 👉 [Is Sodium the same as Salt?](#)
- 👉 [How to make a Healthier Soup!](#)



## Blueberry Crisp Serves 6

### INGREDIENTS:

- 5 cups Blueberries fresh or frozen
- 2 tablespoons Sugar
- 3 tablespoons Flour
- 1 Lemon

### TOPPING:

- ¼ cup Butter softened
- ½ cup Brown Sugar
- ¼ cup All-Purpose Flour
- ¾ cup Oats Regular or Quick
- ¼ teaspoon Cinnamon



### INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Grate the rind of the lemon and squeeze the juice of half of the lemon.
3. Toss blueberries, with sugar, lemon rind, 1 tablespoon lemon juice and 3 tablespoons flour. Place in a 2qt baking dish.
4. With a fork, combine the butter, brown sugar, oats, flour, and cinnamon until crumbled. Sprinkle over blueberries.
5. Bake 35-40 minutes or until the top is golden brown and the fruit is bubbly. Cool slightly and serve warm.

*Enjoy!*

## January Holidays

- National Soup Month
- National Oatmeal Month
- Jan 1** New Year's Day
- Jan 4** National Spaghetti Day
- Jan 6** National Bean Day
- Jan 11** National Milk Day
- Jan 12** National Curried Chicken Day
- Jan 14** National Hot Pastrami Day
- Jan 15** National Bagel Day
- Jan 20** Martin Luther King Jr. Day
- Jan 18** Winnie the Pooh Day
- Jan 20** National Cheese Lover's Day
- Jan 21** National Granola Bar Day
- Jan 23** National Pie Day
- Jan 29** Lunar New Year
- Jan 30** National Croissant Day
- Jan 31** National Hot Cocoa Day

## Dietitian's Pick

In this recipe, blueberries are used along with whole wheat flour and rolled oats. Blueberries are a nutritional powerhouse since they contain more antioxidants than almost any other fruit and vegetable. Antioxidants help our bodies fight disease and keep us healthy overall, while also being the second most popular berry in the United States! As for the oats and whole wheat, they both provide us with fiber which helps us maintain a healthy digestive system, so make sure to include this recipe in your diet for an added boost of antioxidants and fiber!



## Who needs a gluten-free diet?

We've all heard the term gluten-free before, but what does it actually mean? In honor of gluten-free month, let's explore what gluten actually is and who needs a gluten-free diet.

Gluten is a protein naturally found in some grains such as wheat, barley and rye. You can expect to find gluten in breads and baked goods, but it is also added to a lot of other food products to change the texture and taste of food. For example, gluten could be used in sauces, soups and even in some seasonings.

For the majority of the people, this isn't a problem. But for those who suffer from celiac disease or gluten-sensitivity, they must follow a gluten-free diet. The good news is, there are a lot of naturally gluten-free foods like most fruits and vegetables. Some examples you will find on our school lunch line are baby carrots, tomatoes and fresh fruits.

When people with celiac disease or gluten-sensitivity eat foods that contain gluten, they get uncomfortable symptoms such as gas, bloating and diarrhea. The only known way to avoid that is by eating foods that don't contain gluten, and that's why those with celiac or gluten-sensitivity diseases need a gluten-free diet!

### REFERENCES:

- 👉 [Does My Child need a Gluten-Free Diet?](#)