

Monday	Tuesday	Wednesday	Thursday	Friday
<h1 data-bbox="863 168 1234 256">January</h1> <p data-bbox="550 266 1547 293">Each announcement begins with, "Here's your Daily Scoop of good nutrition news!"</p> <p data-bbox="539 302 1558 329">Each announcement ends with, "Remember, healthy food helps improve your mood!"</p>				
<input data-bbox="107 342 155 380" type="checkbox"/> <p data-bbox="107 391 457 553">You can make it a <i>Happy</i> New Year by making it a <i>Healthy</i> New Year! Healthy choices are not only good for your body, they nourish your brain too - so you can think better and feel happier.</p>	<input data-bbox="485 342 533 380" type="checkbox"/> <p data-bbox="485 391 835 602">Our fruit <i>Harvest of the Month</i> for January is the juicy, sweet orange. Not only are they delicious, but they're one of the most nutritious of all fruits! Visit your local farmers market for some of the freshest and most nutritious oranges in town!</p>	<input data-bbox="856 342 905 380" type="checkbox"/> <p data-bbox="856 391 1207 578">Juicy, sweet oranges are filled with vitamin C to help your immune system fight germs. Oranges are "in season" in the winter-time and they're nature's way of helping you stay healthy during cold and flu season.</p>	<input data-bbox="1249 342 1297 380" type="checkbox"/> <p data-bbox="1249 391 1600 602">The <i>Cool Bean of the Month</i> is the "black-eyed pea," <i>but...</i> it's not a pea. It's actually a protein-packed white bean, with a little black spot in the middle. Eating black-eyed peas early in January is thought to bring good luck throughout the New Year.</p>	<input data-bbox="1631 342 1680 380" type="checkbox"/> <p data-bbox="1631 391 1982 602">Make it a healthy, happy new year by eating plant-strong foods: Fruits, veggies, grains and beans. Try black-eyed peas for protein, and if the superstition is true, this little black and white bean could bring you luck in the New Year.</p>
<input data-bbox="107 618 155 656" type="checkbox"/> <p data-bbox="107 667 457 878">Let's get the week off to a healthy start by eating the most nutritious foods on the planet... plant foods, filled with super special nutrients called phytonutrients. Phytonutrients help your body fight disease and only colorful plant foods have them!</p>	<input data-bbox="485 618 533 656" type="checkbox"/> <p data-bbox="485 667 835 878">Our body uses the natural sugar in fruit for positive energy. But processed (white) sugar added into sweets and soda can rob your body of energy, and leave you feeling tired & grumpy. Colorful fruits in season are sweet <i>and</i> smart energizers.</p>	<input data-bbox="856 618 905 656" type="checkbox"/> <p data-bbox="856 667 1207 878">Oranges are our <i>fruit Harvest for this Month</i>. The January <i>vegetable Harvest of the Month</i> is the creamy and delicious sweet potato. Jam-packed with vitamins, sweet potatoes are one of <i>the most nutritious</i> vegetable of all vegetables.</p>	<input data-bbox="1249 618 1297 656" type="checkbox"/> <p data-bbox="1249 667 1600 911">Our <i>Cool Bean of the Month</i> - the protein rich Black Eyed Pea - is a favorite in special meals called "Soul Food." Soul Food was created by African Americans. In honor of <i>Dr. Martin Luther King Day</i> this month, we celebrate soul food, created to make our body and soul feel good.</p>	<input data-bbox="1631 618 1680 656" type="checkbox"/> <p data-bbox="1631 667 1982 829"><i>Let's Move</i> our bodies today and through the weekend. Dancing is a great way to exercise and have fun, so turn up the volume on some feel-good <i>soul music</i> and dance the day away!</p>
<input data-bbox="107 920 155 958" type="checkbox"/> <p data-bbox="107 976 457 1154">Our January <i>Harvest of the Month vegetable</i> is the sweet potato, rich in Vitamin A. Sweet potatoes are one of the richest plant sources for vitamin A, which is important for healthy eyes, bones and teeth.</p>	<input data-bbox="485 920 533 958" type="checkbox"/> <p data-bbox="485 976 835 1187">Citrus fruits, like oranges and grapefruits, are famous for being a good source of vitamin C. Oranges are also a good source of a <i>B vitamin</i> called <i>folate</i>. B vitamins work together with Vitamin C to help your body develop and grow.</p>	<input data-bbox="856 920 905 958" type="checkbox"/> <p data-bbox="856 976 1207 1211">Oranges are a good source of a B vitamin called folate. Folate helps your red blood cells deliver oxygen to all different parts of your body. Without folate, those blood cells have a harder time delivering oxygen, so your body feels weak and tired. An orange a day keeps the doctor away.</p>	<input data-bbox="1249 920 1297 958" type="checkbox"/> <p data-bbox="1249 976 1600 1211">Shopping at the local <i>Farmers Market</i> is good for you because the food is fresh at the Farmers Market, and fresher means more nutrients. Shopping at the Farmers Market is also great for the environment, because locally grown food doesn't have to travel far - in gas guzzling trucks.</p>	<input data-bbox="1631 920 1680 958" type="checkbox"/> <p data-bbox="1631 976 1982 1268">Eating healthy supports a strong immune system. Your immune system is the many parts of your body that all work together - like an army - to fight attacks from germs. Exercise helps your immune system to fight strong too. So, let's move today and all weekend long to build strong muscles and a strong immune system.</p>