

# The Kitchen Explorers Newsletter January 2023



## HAPPY NEW YEAR 2023

Happy New Year to all of you!! Welcome back to school and great beginning to a new year.

January is a cold and long month. With the bitter cold you wouldn't think that there was much produce in season. But there is and it is so good. So, what is in season? Lemons, oranges, grapefruit, beets, turnips, parsnips, celery root, cabbage, kale, collards, broccoli, cauliflower, butternut squash, and acorn squash. What an amazing long list of hearty and healthy produce. These are all full of antioxidants and healthy doses of Vitamin C that are perfect for a nice pot of stew/soup. What a great way to eat healthy and stay healthy during cold and flu season.

I do not know about you but I love a hearty bowl of soup or stew when it is cold outside. It warms the soul!!! Especially with a nice cup of hot chocolate after building a snow man.

Help me decorate the lunch line with snowman. Print and color the snowman, then write your name on it. Return to the kitchen to display at



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### Great family fun crafts

A bunch of cute and fun crafts

<https://www.pinterest.com/tmtk14/january-kids-crafts/>

<https://www.easypeasyandfun.com/winter-crafts-or-kids-to-make/>

### Family Fun Recipes

<https://www.tasteofhome.com/collection/fast-kid-friendly-dinners/>

<https://www.eatsamazing.co.uk/category/food-for-kids/creative-food-tutorials/winter-themed-recipes>

Twenty ways to build a snowman with food

<https://www.tasteofhome.com/collection/ways-to-build-a-snowman-treat/>

A great website for all things healthy and kids is:

<https://www.myplate.gov/>





