



Arbor Management, Inc.

Nutrition News

January 2019



Resolution for a Healthier You

Is your New Year's resolution to eat healthier? Even if that is not your primary goal this year, Arbor Management will help you and your family eat healthier without hassle. With Arbor's new recipes in the lunchroom and in the newsletters, the search for new meal ideas will be simple!

In season, right now: citrus fruits, leeks, pomegranates, and blueberries!

More resolution ideas:


- Drink more water
- Try a new recipe once a week
- Go on a walk every day after dinner

Healthy Celebrations this Month:

All of January: National Egg, Oatmeal, Soup, and Wheat Bread Month

January 1st: Apple Gifting Day
January 4th: National Spaghetti Day
January 6th: National Bean Day
January 9th: National Apricot Day
January 11th: National Milk Day
January 9th – January 14th: Pizza Week
January 19th: National Popcorn Day
January 20th: Granola Bar Day
January 16th – January 20th: Healthy Weight Week
January 24th: Peanut Butter Day

The Month of Blueberries



GROW: Blueberries grow in clusters on shrubs planted in rows. Types: highbush—plump and juicy; lowbush—small and tart; rabbiteye: can grow up to 20 feet high

NUTRITION: High in phytonutrients with antioxidant and anti-aging properties; high in vitamin C and manganese

FLAVOR: Ranging from sweet to tart in plump and juicy bursts

TRIVIA: Blueberries have been growing on Earth for over 13,000 years! The Native American name for blueberries was “star berries” because of the star-shaped crown at the top of the berry.

Frozen Blueberry Yogurt Bites




All you need (serves 10):

- 1-pint container of fresh blueberries
- 1-cup vanilla, full-fat Greek yogurt
- 1 Tbsp. stevia (or monk fruit) sweetener

All you do:

1. Line a baking sheet with parchment paper
2. In large mixing bowl, stir together yogurt and sweetener. Carefully fold in blueberries
3. Place blueberries on baking sheet without touching. Freeze ~1 hour.



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