



JANUARY 2023

S	M	T	W	T	F	S
1 New Year's Day	2 New Year's Day (Observed)	3	4	5	6	7
8	9	10	11	12	13	14
15	16 MLK Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY CHALLENGE:

Expand your palate and keep warm with a new recipe made from food scraps! Did you know that some food scraps make perfect ingredients for easy to make homemade soups and compotes? Try your hand at something new like pickle soup, mixed berry compote, and more. Inventory your fridge and use your list to search for a new recipe you haven't tried before!

