



JANUARY 2026

WELLNESS NEWSLETTER

Fresh Start & Healthy Resolutions



Nutrition Focus

- Pack a rainbow of colorful fruits and vegetables in lunches
- Choose healthy proteins like beans, lean meats, or yogurt
- Cut back on sugary snacks after the holidays
- Practice portion control by using smaller plates and bowls

Fun Days to Celebrate

- 1/4 – National Trivia Day
- 1/19 – National Popcorn Day
- 1/24 – Compliment Day



Healthy Habits to Start the Year

- Set realistic, achievable wellness goals
- Try a new sport, fitness class, or outdoor activity
- Focus on consistent sleep routines
- Work as a family to reduce screen time

ROCKY MOUNT PREP
CHILD NUTRITION DEPARTMENT