

It's National Soup Month!

January is National Soup Month and a perfect time to enjoy bowls of warm, satisfying soup to nourish the body and soul during this winter season. See the back page for a quick and easy soup recipe using foods that might be in your pantry. Also, we will be featuring soup as part of our community dining meals during the month of January. Please join us for lunch! Check out any one of our 14 dining centers across Allegan and Kent Counties by calling 616-459-3111.



Did you know?

Black pepper helps with the absorption of nutrients from food we eat. It naturally contains a compound called piperine, which seems to act as an antioxidant and may help calm inflammation. One of its biggest benefits is simply that it adds flavor without adding salt, which can be better for your heart. A small amount—a pinch or so—is enough for everyday use. At MOWWM, we use black pepper in many of our recipes so you get the full benefit of eating our nutritious meals!



Make 2026 the time for 1 more!

Look over the list and pick out what 1 thing you can do this month to improve your health and well-being. Then next month, pick 1 more!

- Eat 1 more vegetable per day
- Eat 1 more fruit per day
- Drink 1 more glass of water per day
- Take 1 more lap around the house per day
- Stretch towards the sky 1 more time each day
- Stretch towards the ground 1 more time each day
- Try 1 new MOWWM meal this month
- Try 1 new vegetable each week
- Try 1 new fruit each week
- Try 1 new whole grain this month
- Smile at least 1 time a day
- Talk to 1 person this week
- Solve 1 puzzle or game this month (start with the one on the back!)
- Read or listen to 1 book this month

And be sure to share your “1 more” for this month with someone else who can encourage you to stick with it!

Happy New Year!
MOWWM will be closed
on January 1st.



It's National Puzzle Month!



WORD BOGGLE



How many words can you make
using the letters below?

E	B	S
L	T	H
A	W	P
K	R	F
Y	N	M

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



CHICKEN NOODLE SOUP Yield: 6 servings

Ingredients:

- 1 tablespoon butter
- ½ cup chopped onion
- ½ cup chopped celery
- 4 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can vegetable broth
- ½ pound chopped cooked chicken breast
- 1 ½ cups egg noodles, dry
- 1 cup sliced carrots
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- salt and ground black pepper to taste

Directions:

- Melt butter in a large pot over medium heat. Add onion and celery and cook until just tender, about 5 minutes.
- Add chicken broth, vegetable broth, chicken, egg noodles, carrots, basil, oregano, salt, and pepper. Stir to combine and bring to a boil.
- Reduce heat and simmer for 20 minutes.
- Serve and enjoy!