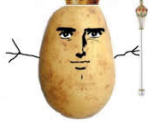


January 2025 Nutrition Nugget-

If you haven't heard it enough- "Happy New Year!" What a time we have had so far. Hope that all are well, safe & warm. Keep up the good work on your resolutions if you made any!

MY NAME IS IDAMO MONTOVA.
YOU PEEL MY FATHER.



PREPARE TO FEY.

Could this be from the Potato Princess Bride movie? It was a s'mash hit!

Featured: Potatoes- *One Potato, Two Potato...However you count them potatoes are an American Favorite. Oh the many ways we enjoy this humble vegetable-fried, boiled, mashed, steamed, roasted, grilled or baked-potatoes are a staple of most households. Check out some [Potato Nutrition Facts](#) here. Click here to*



enjoy some healthy & tasty recipes featuring the versatile potato . [100+Healthy Potato Recipes](#)

Did you know? *The original Mr. Potato Head came with plastic parts that were supposed to be used on a real potato?*

Check out this link for more info on Mr Potato Head's life as a toy and celebrity! [Me and My Spuds](#)



Click on the link below to get a taste of what is in season and recipes to make it special & nutritious!

[What's In Season for January](#)

The "bad" jokes are back-or should I say "rotten"? Hope they bring a smile even if they are corny! 🥔

- Q. What do you call a snowman with a six-pack? A. An abdominal snowman.
- Q. How does a penguin build a house? A. Igloos it together.
- Q. Why don't snowmen wear pants? A. Because they've got snow legs!
- Q. What's a potato's favorite horror movie? A. The Silence of the Yams.
- Q. Did you hear about the potato that got its head chopped off? A. It was decap-potatoed.
- Q. Why did the sea monster eat twelve ships that were carrying potatoes? A. Because nobody can eat just one potato ship!
- Q. Why do cows have hooves instead of feet? A. Because they lactose!
- Q. What do you get when you cross a snowman and a vampire? A. Frostbite.
- Q. You're American when you go into a bathroom and when you come out, but what are you while you're in the bathroom? A. European.

This

edition is like bowling-I'm "sparing" you from the Knock, Knock Joke! It will return in February.

"This institution is an equal opportunity provider."