





JANUARY BREAKFAST



Tuesday – 1/1 No Breakfast Delivery 	Wednesday – 1/2 No Breakfast Delivery 	Thursday – 1/3 Apple Juice Oatmeal Fruited Yogurt Breakfast Round Tropical Fruit
Tuesday – 1/8 Orange Juice Crispy Rice Cereal Bagel & Cream Cheese Hard Boiled Egg Raisins	Wednesday – 1/9 Apple Juice Granola Cereal Ham, Egg, & Cheese Pocket Fresh Seasonal Fruit	Thursday – 1/10 Cranberry Juice Bran Flakes Pineapple Tidbits Fruited Yogurt Bran Zucchini Muffin
Tuesday – 1/15 Apple Juice Toasty O's Fresh Seasonal Fruit Chicken Biscuit w/ Sliced Cheese	Wednesday – 1/16 Orange Juice Bran Flakes French Toast Sticks w/ Syrup Turkey Sausage Link (2) Applesauce	Thursday – 1/17 Grape Juice Oatmeal Mandarin Oranges Wheat Sandwich Thin Egg Patty w/ Sliced Cheese Cherry Muffin
Tuesday – 1/22 No Breakfast Delivery 	Wednesday – 1/23 Apple Juice Cinnamon Squares Cereal Bagel w/ Egg Patty & Cheddar Cheese Pears	Thursday – 1/24 Grape Juice Granola Cereal Fresh Seasonal Fruit Fruited Yogurt Pumpkin Raisin Muffin
Tuesday – 1/29 Apple Juice Oatmeal Mandarin Oranges Chicken Biscuit	Wednesday – 1/30 Cranberry Juice Toasty O's Applesauce Turkey Sausage Patty w/ Egg Patty Wheat English Muffin	Thursday – 1/31 Grape Juice Bran Flakes Pumpkin Muffin Peaches w/ Cottage Cheese

January	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average
Week 1	748	92	803
Week 2	737	95.7	896
Week 3	710	95.4	802
Week 4	703	99	890
Daily Standard		100 grams	800-1000 mg
Targeted Daily	650-750		



Six Health Tips for 2019

- Make an appointment for a check-up, vaccination, or screening.** Regular oral and medical exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better.
- Wash your hands** often with soap and water to prevent the spread of infection and illness. Handwashing involves five simple and effective steps-wet, lather, scrub, rinse, and dry.
- Make healthy food choices.** A healthy eating plan emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. It also includes lean meats, poultry, fish, beans, eggs, and nuts, and is low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- Get active!** Start small – try taking the stairs instead of the elevator, or parking further from your destination. Consider mall walking if the weather is cold or icy.
- Be smoke free.** If you are ready to quit, call 1-800-784-8669 for free resources, including free quit coaching, and educational materials.
- Get enough sleep.** Insufficient sleep is associated with a number of chronic diseases and conditions such as type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours per night.

<https://www.cdc.gov/features/healthynewyear/index.html>

JOHNSON COUNTY
Library

Snow, Snow, Snow, Snow, Snow!



Palm Trees in the Snow by Luz Gabas (Book Fiction)
 A young Spanish woman finds a series of old letters from her father's past, setting her on a quest to uncover a long buried love story from his time on an African cocoa plantation. A mix of history, romance, and politics.

Crimson Snow: winter mysteries by Martin Edwards (Book Mystery)
 A dozen vintage crime stories set in winter.

Snow and Steel: the Battle of the Bulge 1944-1945 by Peter Caddick (Book Non-Fiction)
 A compelling and complete account of American forces entrenched in the heavily forested Ardennes region of Belgium, France, and Luxembourg defending against an advancing German army amid freezing temperatures, deep snow, and dense fog. Includes illustrations and maps.

The Book of Awesome: snow days, bakery air, finding money in your pocket, and other simple, brilliant things by Neil Pasricha (Book Non-Fiction)
 A book filled with smile-inducing moments that make you remember all the things there are in the world to feel good about.

Let It Snow (DVD) by Harvey Frost (DVD)
 Stephanie begins her stay at Snow Valley Lodge immune to Christmas sentiment. But as the lodge's festive traditions provide the Christmas Stephanie never had growing up with her distant father, she finds herself enjoying every minute.

If you or someone you know is homebound and would like these materials mailed to your home and you live in a Johnson County service area, please call 913-826-4384 or email: JCL-HomeConnect@jocolibrary.org to sign up for HomeConnect service today.

Submitted by Margaret Ohmes, Information Specialist, JCL

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CLOCK
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