



CWD Healthy Update

CWD Nutrition
Services Department

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January is National Oatmeal Month

Eighty percent of US households have oatmeal in their cupboards. The most popular oatmeal topping is milk. Other popular toppings include: sugar, fruit (raisins & bananas), and butter or margarine. Unusual toppings for oatmeal include eggnog, peanut butter, and cottage cheese.

Oats were cultivated as early as 7,000 BC by the Chinese. The Greeks were the first people known to make a recognizable cereal (porridge) from oats.

Less than 5% of the oats now grown commercially

is for human consumption. Most oats is used as animal feed, especially for horses.

Most of the oatmeal consumed by Americans is as a breakfast cereal. The remainder is used as an ingredient in cooking and baking. Oatmeal cookies are the #1 non-cereal oatmeal containing food followed by meatloaf and cakes/pies.

Oat Varieties

Oat Bran—is the outer casing that is removed from minimally processed oat groats.

Old Fashioned Rolled Oats—are oat groats that are steamed and flattened with rollers so they cook quicker—generally in 5 to 10 minutes.

Quick Oats—are groats that have been cut into pieces before being steamed and rolled into thin flakes. They cook in 3 to 5 minutes.

Instant Oats—are groats that are chopped into pieces, then pre-cooked and dried. They can be quickly re-constituted in hot liquid.



Celebrate January!

- National Hot Tea Month
- National Oatmeal Month
- National Soup Month
- National Diet Month
- Wheat Bread Month
- International Gourmet Coffee Month

Weekly Produce Update

Avocados—Mexico continues to limit harvest.

Broccoli—supplies are tight due to a planting gap. Quality is good.

Cauliflower—pricing is extremely high.

Lettuce—demand is fair.

Peppers—supplies are tight, although volume is increasing from Nogales.

Onions—supplies are significantly shorter than previous seasons.

Tomatoes—product out of Florida is starting to increase.

Strawberries—supplies are tight, but steady. Quality has improved.

Source: ProMark

