

THE FALLS FOOD HALL SPREAD

JANUARY 2026

Happy New Year

JANUARY

5

Greens, Beans, and Dreams for the New Year! Stop by on Jan. 5th for our traditional New Year's meal.



Greens symbolize prosperity and bring a fresh, earthy flavor



Black-eyed peas are a Southern staple for good luck



Pork represents progress and adds savory richness to the plate



Cornbread's golden color symbolizes gold & wealth for prosperity in the coming year

TRY OUR RECIPES

Warm, rustic, and nourishing, Flik's Tuscan Lentil Soup is comfort in a bowl. Packed with plant-based fiber and protein from lentils, it supports your health while also satisfying your taste buds.

scan for
recipe



SAVOUR THE REWARDS

Show Your Savour Rewards and Win!

Stop by our table at lunchtime the week of January 12 to enter.

1. Open your Savour app and show us your Rewards tab.
2. Don't have the app or rewards tab yet? Let us help you enroll!
3. We'll add your name to our giveaway for (2) 250 Savour Rewards Points (\$15 value)

What's Savour?

Savour is our mobile app for easy preordering from the deli, grill, and coffee shop - plus earning rewards! You'll get:

- 1 point for every dollar spent
- 2 points for FIT food purchases
- \$3 reward every time you reach 50 points





MEET
Amy
Coffee Attendant

ABOUT AMY
That free coffee you love at work doesn't happen by magic - Amy keeps it stocked, clean, and ready for your daily pick-me-up!



WHAT'S HAPPENING

NATIONAL SOUP MONTH!
All your faves, all month long



RAMEN OMELETS
January 13-15



GLOBAL FOOD TREND

FLICKS WITH FLIK

7 HANGOVER

WEDNESDAY JANUARY 14

 Chat with our
FLIK REGISTERED DIETITIAN

Stop by to talk with Amanda Veneman about healthy eating and sample nutritious, delicious #FoodbyFLIK!

TASTING TABLE

Falls Food Hall
Wednesday 1/21

11:00 – 1:00

NUTRITION AT HUMANA

WOW LIVE: NUTRITION WEBINAR

Worthwhile Nutrition Goals

Amanda shares doable nutrition goals and practical cooking tips to energize you and build lasting habits.

TO REGISTER: Search "WOW Live: Nutrition" in the Learning Center

Earn 100 Personify Health points!

1/28
1:00pm EST
go/nutritionTV



GLOBAL

SCAN HERE FOR RECIPES AND MORE INFO!



PANTRY

AUTHENTIC INDIGENOUS INGREDIENTS, KNOWN TO PROMOTE HEALTH

PERU

January 29

The health benefits of Peruvian cuisine stem from traditional dishes rich in plant-based ingredients, whole grains such as quinoa, lean animal proteins, and seafood prepared using balanced cooking methods.

This month's featured ingredients include quinoa, lime, fish, and ají amarillo pepper.

Food by FLIK

Let's connect @FLIKhospitality

Let's Talk
FLIK



Scan the QR Code and Submit Your Feedback

FLIK
CLOSED
MLK DAY
JAN. 19

24/7 Riverfront Market Open

