

February 2023 Nutrition Newsletter

Happy February! We hope your 2023 is off to a great start so far 🥳 This month, our district will be celebrating some fun food holidays such as National Tater Tot Day and National Chili Day. A delicious new Limited Time Offer will also be available. Valentine's Day is on February 14th – do you have anything special planned? Keep your eye out for a holiday treat on this month's menu!

American Heart Month

American Heart Month is celebrated during the month of February each year. Take time this month to focus on your cardiovascular health and take steps to maintain a healthy heart. Participate in **National Wear Red Day** which is the first Friday in February – wear red to help raise awareness of heart disease. Did you know this is the leading cause of death in the United States and is largely preventable? Read on to explore strategies the CDC recommends you take to live a heart healthy lifestyle.



- ♥ Learn your health history. Talk to your family and doctor to find out about your health history and know your risks.
- ♥ Eat a healthy diet. Increase your intake of fruits, vegetables, whole grains, lean meats, and low-fat, dairy products. Reduce intake of sodium, saturated fat, and added sugars.
- ♥ Move more & sit less. Aim to get at least 150 minutes of moderate-intensity aerobic activity every week, combined with muscle strengthening activities at least 2x per week.
- ♥ Quit smoking.
- ♥ Take medications as directed. If you take meds to control high cholesterol, blood pressure, or diabetes, follow your doctor's instructions carefully and ask questions if you don't understand something about what you are taking.
- ♥ Choose beverages wisely. Replace sugary drinks with water or other low sugar options. If you consume alcohol, do so in moderation.
- ♥ Monitor blood pressure at home. Self-measured blood pressure monitors are simple to use. Ask your doctor for help if needed.



February LTO: Beef & Cheese Potato Bowl w/ Soft Pretzel Rod

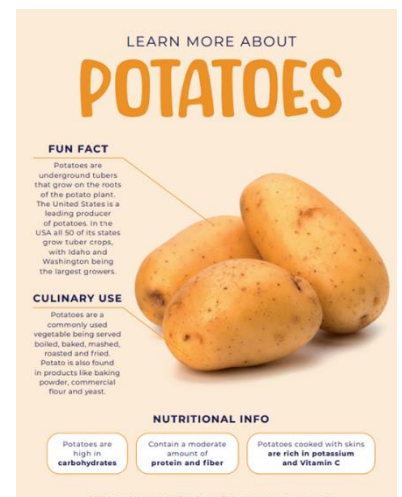
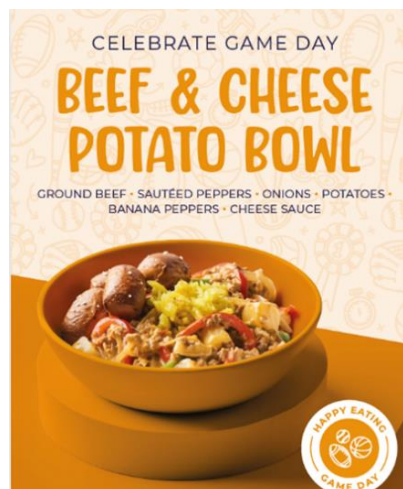
When? Week of 2/6 – 2/10

What's Inside?

- Ground Beef
- Potatoes
- Onions
- Cheese Sauce
- Peppers

Fun Fact:

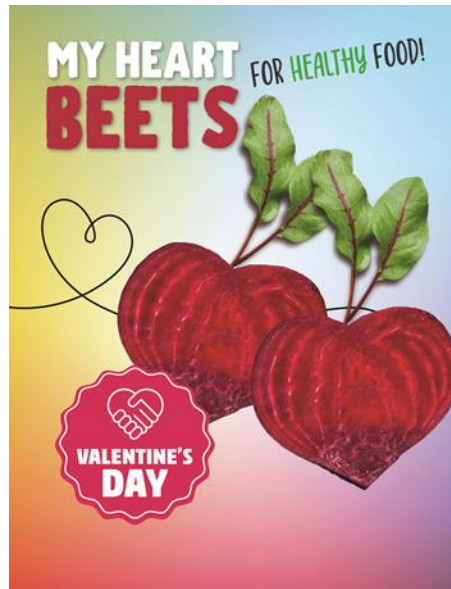
Potatoes are underground tubers that grow on the roots of the potato plant. The USA is a leading producer of potatoes. Idaho & Washington are the largest growers.



National Tater Tot Day
2/2/23



Valentine's Day
2/14/23



National Chili Day
2/23/23



Valentine's Day

WORD SEARCH

E	C	H	O	C	O	L	A	T	E	H
S	D	N	E	I	R	F	A	A	R	U
S	W	E	E	T	H	E	A	R	T	G
Y	Y	E	F	L	O	W	E	R	S	S
D	R	E	N	I	T	N	E	L	A	V
N	A	H	D	I	P	U	C	P	R	E
A	U	E	E	R	D	E	I	H	C	V
C	R	A	E	E	I	N	S	A	R	O
A	B	R	R	A	K	U	R	A	R	L
E	E	T	I	A	R	D	A	F	R	R
E	F	S	E	C	S	E	S	S	I	K

LOVE
CUPID
SWEETHEART
RED

VALENTINE
PINK
CARDS
FEBRUARY

FLOWERS
CRUSH
HEARTS
HUGS

CANDY
FRIENDS
KISSES
CHOCOLATE