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**February
 Highlights:**

American Heart Month

National Black History
 Month

National Children's
 Dental Health Month

Groundhog Day
 (February 2)


Valentine's Day
 (February 14)

President's Day
 (February 17)

**No School Dates:
 Willmar:**
 February 14th and 17th

CCS:
 February 14th and 17th



 **Check out the
 Breakfast and
 Lunch Menus
 complete with Nutrient
 Analysis on your
 District's Website.**



The Healthy Family

A Newsletter from the Food and Nutrition Services Department

Willmar Public and Community Christian Schools

VOLUME 20, ISSUE 6

FEBRUARY 2025

February - Heart Healthy Lifestyle



If you're like most people, you may be wondering why so much attention is placed on heart health. At this point in your life, you may feel healthy, with no obvious signs of heart problems. However, many heart disease symptoms can be mild or overlooked. These symptoms can include fatigue, dizziness, unusual tiredness, nausea, or even vomiting. In many cases, we may brush them off, thinking it's just stress or exhaustion. But, self-care for your heart is one of the most powerful tools you have for maintaining long-term health. The urgent need to protect your heart comes down to making simple, proactive changes in five key areas: diet, sleep, exercise, stress management, and regular visits to your doctor. Let's take a closer look at how each of these can benefit your heart:

Eat Better and Maintain a Healthy Weight

- ◆ Incorporate lean cuts of meats and aim to eat fish at least once a week.
- ◆ Snack smart, choose whole fruits, raw vegetables, or low-fat yogurt for a healthier option.
- ◆ Shop smart at grocery stores, stick to the perimeter of the store where fresh produce, dairy and meats are typically located.
- ◆ Read the nutritional labels to avoid hidden sugars and unhealthy fats.

Get Enough Sleep

- ◆ Keep a routine bedtime for you and your family.
- ◆ Children need anywhere from 8 to 13 hours of sleep each night depending upon their age.
- ◆ Avoid caffeine or other stimulants in the evening.

Stay Active

- ◆ Aim for 20 minutes each evening for physical fitness for the whole family.
- ◆ Find an activity you all enjoy and stick with it.

Visit Your Doctor Regularly

- ◆ Safeguard your family heart health by visiting the doctor for regular checkups.

Manage Stress

- ◆ Finding ways to reduce your stress and improve your mental health is a key to overall heart health.

Adopting these simple lifestyle changes can lead to a stronger heart and a healthier life. Eating a balanced diet with less sodium supports your body's vital functions, while quality sleep gives your heart time to recover. Managing stress keeps your mind and body in harmony, and regular exercise boosts cardiovascular fitness. Routine check-ups ensure you stay on top of your heart health. Together, these habits empower you to live with vitality and confidence.

SOURCES AND INSPIRATION: THIS ARTICLE WAS INFORMED BY RESOURCES AND GUIDELINES FROM REPUTABLE ORGANIZATIONS, INCLUDING THE AMERICAN HEART ASSOCIATION, THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC), AND THE U.S. FOOD AND DRUG ADMINISTRATION (FDA).

Help Wanted!

Full Time, Part Time & Substitute employment opportunities are available through the Food and Nutrition Services Department. Apply at your local school, online at the district's website or scan the QR code.



This Institution is an Equal Opportunity Provider.

ARTICHOKE
BEET
BELL PEPPER
BROCCOLI
BRUSSEL SPROUT
CABBAGE
CARROT
CORN

CUCUMBER
EGGPLANT
GARLIC
MUSHROOM
ONION
PEAS
POTATO
PUMPKIN
RADISH



Willmar

	Breakfast	Lunch
K-5	Free	Free
6-8	Free	Free
9-12	Free	Free
Adult	\$2.40	\$5.00
Milk	\$0.65	\$0.65

Community Christian

	Breakfast	Lunch
K-5	Free	Free
6-8	Free	Free
9-12	Free	Free
Adult	N/A	\$5.10
Milk	\$0.65	\$0.65



THE HEALTHY FAMILY NEWSLETTER VOLUME 20, ISSUE 6

Heart Healthy Crispy Chicken Tenders

Ingredients

- * 1 1/2 lbs. Boneless, Skinless Chicken Breast
- * 1 Cup Panko Bread Crumbs
- * 1 tsp Dried Basil
- * 1 tsp Paprika
- * 1 tsp Dried Oregano
- * 1/2 tsp Garlic Powder
- * 1/4 tsp Black Pepper
- * 1/4 tsp Salt
- * 2 Eggs

Instructions

1. Preheat oven to 375°F. Spray a baking sheet with Non-Stick Cooking Spray.
2. Slice the 1 1/2 lbs. of Chicken Breast into 8 pieces. Set aside.
3. Combine the Panko Crumbs and all the Spices into a bowl and mix.
4. In another bowl, whisk the eggs.
5. Coat the Chicken in the eggs and Panko Crumbs with Spices.
6. Arrange the Chicken in a single layer on the baking sheet.
7. Lightly spray the chicken with Non-Stick Cooking Spray.
8. Bake 12-15 minutes or until the chicken is cooked through and golden.



Optional: If desired, serve with sides of fresh cucumbers, baby carrots, or side salad. Enjoy!

Nutritional Facts: 2 Tenders
Amount per serving:
Calories 182
Total Fat 3 g.
Sat. Fat 1g
Cholesterol 128 mg
Sodium 145 mg
Total Carb. 8g