

# NUTRITION NEWSLETTER

A FAMILY AND COMMUNITY NEWSLETTER

What do you get if you cross an apple with a Christmas tree?  
**A pineapple!**

**FEBRUARY 2025**



## STUDENT RECIPE

Thank you to Alex from Mrs. Reid's Lewis & Clark Elementary School class who created this month's recipe!

## INGREDIENTS

- 1 container (8oz) Frozen whipped topping - thawed
- 1 container (16oz) caramel
- 1 can (8oz) crushed pineapples (drain all the juice)
- 3 cups of Diced apples
- 1 1/2 cups of walnuts or pecans.
- 1 cups mini marshmallows (6oz)

## INSTRUCTIONS

1. Mix Whipped topping & caramel; then set aside
2. Drain all of pineapple Juice, then mix with mini marshmallows
3. chop apples in small pieces & fold into caramel/whipped topping mixture.
4. Fold marshmallows and caramel mixtures together.
5. add pecans & place in fridge. Serve cold.



## FRUIT OF THE MONTH

## PINEAPPLE

This month, we're celebrating the delicious and nutritious pineapple! This tropical fruit is not only incredibly refreshing but also offers numerous health benefits. Pineapple is a fantastic source of vitamin C, which strengthens your immune system, promotes healthy skin, and helps your body absorb iron from other foods. Additionally, its high fiber content supports digestive health and may help you feel fuller for longer.

Whether you enjoy it fresh, grilled, or blended into a smoothie, adding pineapple to your diet can enhance your overall wellness. Make this vibrant fruit a regular part of your balanced nutrition journey!

