



Volume 21 Issue 6

The Healthy Family Newsletter

A Newsletter from the Food and Nutrition Service Department
Willmar Public Schools and Community Christian Schools

February 2026

Bobbi Varichak DTR, SNS, MBA
Assistant Food Service Director
Willmar Public Schools
Editor

PARA TRADUCCION,
IIAME
320-231-7860

February Highlights

- February 6th Wear Red Day
American Heart Association
- February 16th President's Day
- February 25th Let's All Eat Right Day

No School Dates:

Willmar

- February 13th
- February 16th

Community Christian School

- February 13th
- February 16th



Check out the Breakfast
and Lunch menus on
your District Website



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A Journey of Good Heart-Healthy Food Begins with a Simple Step...



Healthy eating and regular physical activity support not only students' growth and learning but the overall well-being of the entire family. School meals are designed to meet the USDA School Meal program standards, which align directly with the Heart Association with lower sodium, reduced sugars, and consume lean proteins.

School Meals



USDA standards help ensure school meals provide the nutrients students need to stay energized and focused throughout the school day. Offering meals lower in sodium and added sugars supports overall health and helps protect growing hearts.

Physical Activity at Every Age



Regular movement helps balance energy intake and strengthens the heart. The American Heart Association recommends 150 minutes of moderate activity each week. That is approximately 22 minutes each day.

Family Tip: Take One Simple Step Together



- *Serve one extra fruit or vegetable at dinner
- *Choose whole grain options (i.e. whole grain pasta or whole wheat bread).
- *Plan a family activity (walking, ice skating, etc.).
- *Let children help with meal prep.
- *Use other spices other than salt to enhance the flavor of food.

USDA School Nutrition Programs and the American Heart Association share a common goal of helping children and families build healthy habits that support growth, learning, and heart health, with school meals providing a strong foundation and families reinforcing these habits at home. By starting—or continuing—with just one simple step, such as choosing whole grains, adding fruits and vegetables, or being active together, families can build lifelong healthy eating habits and stronger hearts for everyone.



Willmar Wellness Committee Meeting Dates

January 20, 2026

April 21, 2026

To Join, Contact: Bobbi Varichak at varichakb@willmar.k12.mn.us

Community Christian School Meeting Dates

February 18, 2026



2025-2026 Meal Prices:

Willmar

	Breakfast	Lunch
PK-12th	Free	Free
Adult	\$2.50	\$5.05
Milk	\$0.65	\$0.65

Community Christian School

	Breakfast	Lunch
PK-12th	Free	Free
Adult	\$2.60	\$5.15
Milk	\$0.65	\$0.65



Why Hydration Matters in Winter

Cold weather can make it harder to notice when you're thirsty, but your body still needs just as much water in winter as it does in summer. Drinking enough water helps support your immune system, keeps your energy and focus up, and prevents dry, irritated skin.

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Stuffed Pepper Casserole

Portion size: ½ Cup Yield 8 Servings

Ingredients:

- 1 lb. Ground Turkey
- 3 Bell Peppers, chopped (any color)
- 1 Onion, chopped
- 3 Garlic Cloves, chopped
- 1 Cup Uncooked Rice
- 15 oz. can Diced Tomatoes (low sodium)
- 8 oz. can Tomato Sauce
- 2 Cups of Chicken Broth (low sodium)
- ½ Tsp Black Pepper
- 2 Tsp Italian Seasoning
- 1-2 Cups of Shredded Cheddar Cheese



Directions:

1. In a large skillet, cook the ground turkey and chopped onion over medium heat until thoroughly cooked. Drain any excess fat. Add the 3 chopped bell peppers and garlic cloves. Cook until vegetables become slightly softened.
2. Add 1 cup of uncooked rice, 15 ounce can of diced tomatoes (low sodium), 8 ounces of tomato sauce (low sodium), the low sodium chicken broth, and spices. Stir well.
3. Bring mixture to a boil. Reduce to a simmer and cover.
4. Allow to cook for 20 minutes or until the rice is tender. Remove the lid and stir.
5. Sprinkle Cheese over the top, cover and allow to melt. Enjoy!

Food Safety

www.cdc.gov/foodsafety

4 STEPS TO FOOD SAFETY



CLEAN
Wash Hands.
Rinse Raw
Vegetables
and Fruits.

SEPARATE
Keep Food Items
separate and use
separate cutting
boards.

COOK
Cook meats
thoroughly.
Use a meat
thermometer
to ensure proper
temperatures.

CHILL
Refrigerate
or freeze
unused foods.