



# Monthly Munch

Nutrition Newsletter  
February 2026

## February is National Cherry Month and Heart Health Month



February is about showing love and that includes loving our hearts! This month we are celebrating National Cherry Month and Heart Health Month. Cherries may be small but they are packed with big benefits. Cherries are naturally sweet, rich in antioxidants, support heart health by helping reduce cholesterol and blood pressure, and contain melatonin to support sleep quality. A heart healthy diet does not have to be complicated when you incorporate more cherries into your day!

### Recipe Corner: Build Your Own Trail Mix

**Number of Servings: 1    Serving Size: 1**

#### Ingredients:

- 1 oz bowl cinnamon Chex cereal
- 1 Tbsp dried cherries
- 1 Tbsp chocolate chips
- 1 Tbsp raisins
- 1 Tbsp sunflower seeds
- 1 Tbsp pumpkin seeds

**Directions:** Give student 1 oz bowl of cereal, opened. Allow student to add 1 Tbsp of each of the toppings. Mix together all ingredients once added to the bowl. Enjoy!

### Cherry + Heart Health = A Perfect Match

Adding cherries to meals and snacks is an easy way to support heart health.

#### Try this:

- Add dried cherries to trail mix, oatmeal, or a yogurt bowl
- Toss cherries into a salad for something sweet
- Enjoy cherries as a snack on their own
- Add frozen cherries to a smoothie

