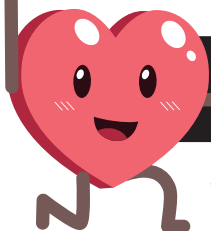


Cafeteria Connection

February 2024



Heart Healthy Month

In February, we think of the color red, hearts, and sweets because of Valentine's Day; however, did you know that February is also American Heart Month? Heart disease is one of the leading causes of death in men and women in the United States. Therefore, it is important to know how to maintain a healthy heart and learn what positive habits you can add to your daily life to live a heart-healthy lifestyle!

Turn off technology

Sometimes we may get into the habit of endlessly watching TV, scrolling on social media, or sitting in front of the computer, but it is important to set time limits daily. Instead, we can play outside, complete a puzzle, read a book, visit the library, or cook a healthy meal! Also, connecting and spending time with friends in person is one of the best things you can do for your mental and emotional health!

Fitness and fun with your family!

Hit the trails, go on a hike or bike ride, or sign up for a race with your family. Staying active daily is extremely important and spending time with your loved ones makes this a double win!

Eat heart-healthy meals and avoid fried, fatty foods!

Include delicious heart-healthy foods such as fresh fruits and vegetables, nuts, whole grains, low-fat dairy, dairy-alternative yogurts/milk, beans, chicken, and fish. Avoid eating fast and fried foods, as they can make you feel tired. The more healthy food choices you make as a child, the more likely you are to make these same healthy choices as you grow older, becoming a healthy, happy, and active adult!

February Holidays

February is Black History Month

February is Heart Healthy Month

Feb 2 Groundhog Day

Feb 2 National Tater Tot Day

Feb 9 National Pizza Day

Feb 10 Lunar New Year

Feb 14 St. Valentine's Day

Feb 19 President's Day

Feb 20 National Muffin Day

Feb 27 National Strawberry Day



Quick Tips on How to Read a Food Label

Sample label for Macaroni & Cheese

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		
Calories 250	Calories from Fat 110	
% Daily Value*		
Total Fat 12g	18%	Quick Guide to % DV • 5% or less is Low • 20% or more is High
Saturated Fat 3g	15%	
Trans Fat 3g		
Cholesterol 30mg	10%	
Sodium 470mg	20%	
Total Carbohydrate 31g	10%	
Dietary Fiber 0g	0%	
Sugars 5g		
Protein 5g		
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	65g	80g
Sat Fat	20g	25g
Cholesterol	300mg	300mg
Sodium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

1 Start Here →
2 Check Calories
3 Limit these Nutrients
4 Get Enough of these Nutrients
5 Footnote



February - Sweet Potato

Perfect Baked Sweet Potato

Yields 4

INGREDIENTS:

- 4 Sweet Potatoes, scrubbed clean
- Olive Oil, optional
- 4 tbsp. Butter
- Kosher Salt
- Freshly Ground Black Pepper

INSTRUCTIONS:

1. Preheat oven to 425°. On a baking sheet lined with aluminum foil, prick sweet potatoes all over with a fork. Rub the outsides with a small amount of olive oil if you intend to eat the skins.
2. Bake until tender, 45 to 50 minutes.
3. Let cool, then split the tops open with a knife and top with a pat of butter.
4. Season with salt and pepper before serving.



Enjoy!