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HUSCC Grant

# *Food for Thought*

## February

## 2018

## Nutrition Spotlight

### Monthly Promotions

- ◇ We will celebrate the ***Super Bowl*** on ***February 5*** with game day treats! Be on the lookout for chicken tenders, hamburgers and potato wedges on the menu.
- ◇ ***February 14: Happy Valentine's Day!!!*** Enjoy our delicious Chocolate Chip Cookies
- ◇ ***February 20: Try-it-Tuesday***  
Mandarin Orange and Vanilla Parfait

### Fruit of the Month

#### ***Oranges***

#### **Did you know?**

- ◇ Oranges originated in Southeast Asia
- ◇ Oranges are modified berries
- ◇ The best way to store oranges is loose rather than wrapped up
- ◇ About **85%** of all oranges produced are used for juice
- ◇ There are over **600** varieties of oranges worldwide



***For Questions Contact:***

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## February is American Heart Month

The perfect gift this Valentine's Day is the gift of heart health! Did you know that heart disease is the main cause of death for both men and women in the United States? *According to the American Heart Association, 1 in 4 deaths are caused by heart disease.*

The good news is that heart disease can be prevented by healthy choices! With that said, February is American Heart Month. The purpose of this month is to raise awareness about heart disease to help people build healthier lives.

How can you make changes to lower your risk of developing heart disease or lower risk factors if you already have heart disease? *The following tips below can help.....*

- ♦ Watch your weight.
- ♦ Quit smoking.
- ♦ Control your cholesterol and blood pressure.
- ♦ Drink alcohol in moderation.
- ♦ Exercise and get active.
- ♦ Eat a healthy, balanced diet.



***Be on the lookout for the Health and Nutrition team promoting heart health in the schools this month!***



## Healthy Schools/Healthy Communities Initiative

**Middle School Milers** running program will begin in February at Carr Lane VPA, Gateway Middle School and Lyon@Blow. Twenty students from each school will begin a running/walking program and work up to completing a 5K on **April 7, 2018** during the GO! St. Louis Family Fitness Weekend.



## Congratulations

We want to congratulate ***Metro Academic and Classical Academy along with Long Middle School*** for being awarded the Bronze Award from the HealthierUS School Challenge. They were awarded this honor through their work to improve their physical activities and nutrition services. The HealthierUS School Challenge is

