

Healthy, Happy Heart!

February is National Heart Month, which makes it a good time for a heart to heart about heart health. A healthy diet is one way to a healthier heart, but so are healthy habits! Did you know that chronic stress is a key contributor to heart disease? Alongside diet and exercise, research also shows the benefits of managing stress well. Everyone feels some amount of stress but making small changes can pay off in big ways! Here's a list of suggestions from the American Heart Association:

- **Exercising regularly.** It can ease stress and tension. Consider a nature walk, meditation or yoga.
- **Making time for friends and family.** It's important to maintain social connections and talk with people you trust.
- **Getting enough sleep.** Adults should aim for seven to nine hours a night.
- **Maintaining a positive attitude.**
- **Practicing relaxation** techniques while listening to music.
- **Finding a stimulating hobby** that can be fun and distract you from negative thoughts or worries.

Learn more here:

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health>



Bake Up Some Fun!

February is National Bake for Family Fun Month, and we want to share some healthy swaps you can make in the kitchen. Healthy fats are an important part of any diet, but when it comes to baking, it's easy to make some small changes that bring down the overall fat content while adding some nutritional benefits. Whether you're trying to make healthier choices, or you just ran out of vegetable oil, here are some 1:1 swaps you can consider:

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| • Applesauce | • Mashed banana |
| • Pumpkin puree | • Grated zucchini or carrots |
| • Low fat or fat free yogurt | • Low fat or fat free mayonnaise |
| • Low fat or fat free sour cream | |



Yay for National Pizza Day!

Hip hip hooray, it's National Pizza Day on Thursday, February 9th! Pizza is a meal anyone can get excited about. For February, we've compiled three unique ways you can recognize National Pizza Day together as a family:

1. Take your pizza party over the top with a toppings buffet. Start with individual crusts, then let each member of the family build their own with different sauces, lean proteins, low-fat cheeses, and plenty of vegetables.
2. Try serving pizza as a dessert! Fruit pizzas are a fun, flavorful option the whole family can assemble together—try to incorporate each color of the rainbow!
3. Check your local newspaper or TV news station for National Pizza Day deals! Many chains and local restaurants offer specials to celebrate.

Unique Recipe Served Only in Schools

SCHOOL PIZZA

made with reduced fat pepperoni, low fat mozzarella cheese, and 51%* whole grain crust



* the majority of school pizzas have 51% whole grain crust



rethinkschoolmeals.com



FRESH ~ DELICIOUS ~ NUTRITIOUS