

Maschio's Food Services Inc. Cafeteria Connection

Did you know?

February 14 is the Chinese New Year!

During the celebration of Chinese New Year, oranges and tangerines are displayed in bowls. Tangerines are symbolic of good luck and oranges represent wealth. Keep a bowl of these fruits at home and eat one every day to celebrate the New Year!

It's the year of the Tiger!

Healthy Meals Grow Healthy Kids™

February 2010

Keep Your Heart Happy



Most kids are born with a healthy heart and it's important to keep yours in good shape. Here are some things that you can do to help keep your heart happy:

- Remember that your heart is a muscle. If you want it to be strong, you need to exercise it. How do you do it? By being active in a way that gets you huffing and puffing, like jumping rope, dancing, or playing basketball. Try to be active every day for at least 30 minutes! An hour would be even better for your heart!
- Eat a variety of healthy foods and avoid foods high in unhealthy fats, such as saturated fats and trans fats (reading the labels on foods can help you figure out if your favorite snacks contain these unhealthy ingredients).
- Try to eat at least five servings of fruits and vegetables each day.
- Avoid sugary soft drinks

<http://kidshealth.org>



Fill in the Blanks!

February is the _____ New Year!

_____ chocolate is the heart healthy kind.

Eat this fruit to help with digestion: _____

_____ are symbolic of good luck

Answers: Chinese, Dark, Pineapple, Tangerines

A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK

Take all 5!

Cool Pineapple Nutrition Facts

- *The enzyme found in Pineapple helps with the digestion of proteins
- *Drinking Pineapple juice can relieve a sore throat
- *High in Vit.C and B Vitamins, potassium, beta-carotene, and fiber!!

Fruit of the Month: **Pineapple**

Veggie of the Month: **Sweet Potato**

February 14th is also

Valentines Day!

Celebrate Heart Healthy Month

Dark chocolate (in small amounts) is a heart healthy snack!! Dark chocolate contains good-for-you flavonoids that milk chocolate does not.

Other Heart Healthy Foods to eat this month:

Oatmeal, almonds & walnuts, beans, salmon & tuna fish, whole grains, **sweet potato**, tomatoes, oranges, blueberries.

Baked Sweet Potato Fries

Ingredients:

4 Medium sweet potatoes, peeled and sliced into 1/2 inch thick wedges

1 Tbsp olive oil

1/4 Tsp Salt

1/8 tsp black pepper

Directions:

- Preheat oven to 450
- Coat baking sheet with cooking spray
- Combine potatoes, oil, salt and pepper in a bowl and toss well.

4. Arrange potatoes in a single layer on baking sheet.. Bake 25 minutes, turning half way through.. Eat when still warm!

*Some like sprinkling garlic powder or cinnamon on top

