

CELEBRATE Black History Month



Cafeteria Connection

February 2019

February is American Heart-Health Month!



Celebrate Heart Health Month by taking care of your heart! The American Heart Association recommends that children and teens include at least 60 minutes of physical activity each day. Meanwhile, adults should get at least 150 minutes of moderate physical activity per week. When following a heart healthy diet try incorporating these items next time you are grocery shopping: fruits, vegetables, whole grains, beans, nuts and lean meats (such as chicken and turkey). Avoid having foods that contain excess saturated fat (butter, pastries, fatty meats) and sodium (prepared foods). Take care of your heart, this month and every month, by being active and following a healthy diet!

Source: www.heart.org

Written by: Leanne Robertson, Dietetic Intern Cedar Crest College

Mark Your Calendars...

American Heart Health Month
Black History Month
National Children's Dental Health Month
National Cherry Month
National Grapefruit Month

February 2nd - Groundhog Day
February 5th - Chinese New Year
February 9th - National Pizza Day
February 14th - St. Valentine's Day
February 18th - President's Day
February 24th - National Tortilla Chip Day



5 Candy-Free Valentine's Day Treats



Who said Valentine's Day can't be healthy and sweet? Try these candy-free treats that only contain naturally occurring sugars. Get creative and put your own spin on these goodies.

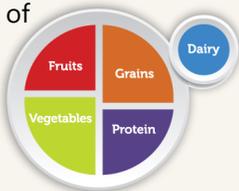
- Heart Shaped Sandwiches**- Turn your whole wheat peanut butter and jelly sandwich into a heart by using a cookie cutter!
- Cupid Smoothies**- Create a fruity pink drink by blending pomegranate or cranberry juice with low-fat milk, bananas and pineapples!
- XOXO Trail Mix** - First put together pretzel sticks (the Xs) with O shaped cereal (the Os). Add dried strawberries, red cranberries and nuts (if you like) of your choice!
- Send a Message with a Clementine** - Write a cheery message ("I find you a-peeling!" or "Hi Cutie!") using a felt tipped marker on the skin of a clementine.
- Red Fruit and Yogurt Dip** - Celebrate Valentine's Day with red fruit and yogurt! Slice up apples, red peppers, cherries, and strawberries and dip into a low-fat vanilla yogurt.

Source: www.eatright.org

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What Makes a Meal?

Each meal consists of **Five** components:
Meat/Meat
Alternate, Grain,
Vegetable, Fruit,
and Milk



For a Reimbursable Meal

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**



Easy Black Bean Brownies

Serves 9, 2-1/2" Brownies

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|----------|------------------------------------|
| 1 Can | 15oz Black Beans, rinsed & drained |
| 3 Each | Large Eggs |
| 3/4 Cup | Granulated Sugar |
| 1/2 Cup | Cocoa Powder |
| 1/4 Cup | Unsalted Butter, melted |
| 1 tsp. | Baking Powder |
| 1 tsp. | Vanilla Extract |
| 1/4 tsp. | Salt |
| 1/2 Cup | Semi-Sweet Chocolate Chips |

As Needed Non-Stick Baking Spray
As Needed Confectioner's Sugar

Directions

- Preheat oven to 350°F.
- Spray an 8X8 square baking pan with non-sticking baking spray. Place an 8x8 piece of parchment paper in the bottom of the pan and set aside.
- In a blender, place all the ingredients (except chocolate chips) and blend until smooth.
- Scrap the sides of the blender and pulse for an additional 10 seconds to ensure all is incorporated.
- Pour the batter into the prepared baking dish; spread evenly with a spatula.
- Sprinkle the reserved chocolate chips evenly across the top of the batter.
- Bake in the oven on the center rack for 25-30 minutes or until an inserted toothpick comes clear from the center of the brownies.
- Let the brownies cool in the pan for at least 30 minutes on a wire rack prior to removing from the pan.
- Slice the brownies evenly into 9 even squares; dust with confectioner's sugar before serving.