

## Happy Valentine's Day



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## Cafeteria Connection



February 2020

### Mark Your Calendars

- February 2nd - Groundhog Day
- February 3rd - National Carrot Cake Day
- February 7th - National Fettuccine Alfredo Day
- February 9th - National Pizza Day
- February 14th - Valentine's Day
- February 17th - Presidents' Day
- February 21st - National Sticky Bun Day
- February 27th - National Protein Day



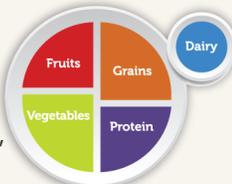
Harriet Tubman was an American advocate and political activist.

Born into slavery, Tubman escaped and later led hundreds of those enslaved including family and friends to freedom, using the network of antislavery activists and safe houses known as the Underground Railroad.

For more information you can visit [biography.com/activist/harriet-tubman](http://biography.com/activist/harriet-tubman).

### 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**

### Stay Heart Healthy!

February is also known as American Heart Month, a time to remember how we can protect our heart from disease. The heart is responsible for pumping blood throughout the body. The arteries in the heart can become clogged when your diet is high in fatty foods. As a result, the heart must work harder to do its job. Eventually an artery can become entirely blocked, resulting in a heart attack or stroke. Try these steps to stay heart healthy and potentially avoid disease.

**Try to Quit Smoking:** Smoking damages blood vessels and arteries, meaning a higher chance of heart attack or stroke. Visit the American Lung Association online or call their Lung Help Line (1-800-LUNGUSA) to receive guidance and ideas on how to handle the challenges of quitting smoking.

**Stay Physically Active:** Take the stairs, walk, run on the playground, or try playing kick-ball or jump rope at recess. Even exercising 10 minutes at a time can keep your heart healthy! Aim for at least 30 minutes daily, 5 days a week. All forms of physical activity help to make your heart strong!

**Eat a Balanced Diet:** Incorporate more fruits, vegetables and whole grains in your diet daily. Too much salt or saturated fats (red meat, baked goods, fried foods, full-fat dairy products) can increase your risk of having a heart attack.

<https://www.cdc.gov/features/heartmonth/index.html>

Written By: Patrice Amore, Dietetic Intern College of Saint Elizabeth

### Being Heart Healthy Starts Young

A family that moves more starting at a young age tends to be healthier. Why not try exercising together as a family? You can go on bike rides, walk outdoors, or swim! As you grow, exercising regularly is important to building strong bones and muscles. Limiting time spent playing video games or watching TV to only 2 hours per day has also been shown to be beneficial to staying healthy.

Another way to be heart healthy at a young age is through healthy snacking. Try to keep healthy snack options in the house for after school like whole grain crackers and string cheese, vegetables and hummus dip, or apple slices and peanut butter.



<https://www.world-heart-federation.org/resources/keep-children-heart-healthy-superheart/>

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