

February 2018

Theme: Heart Healthy Month

Marketing in Play:

Heart Healthy Month

Farm To School:

Red Cabbage



When: February

What: Increase Student and parent awareness in heart healthy food and exercise.

How: -Display all promotional materials in the cafeteria

Elementary and Intermediate Schools:

Participate in A Daily Healthy-Heart Menu

Middle and High Schools:

Participate in creating a Heart Healthily Salsa recipe

Heart Healthy Month

What is a Heart Healthy Diet?



- ◆ Eat a Variety of nutritious foods from all food groups such as :
- ◆ A variety of fruits & Vegetables- Apples, strawberries, tomatoes, broccoli
- ◆ Whole grains- Brown rice, oatmeal, whole-wheat bread, pasta
- ◆ Low-fat dairy products- Low fat milk, yogurt, mozzarella cheese
- ◆ Skinless poultry and fish- Chicken breast, salmon, tuna



Calling all EC/PK, Elementary, and Intermediate students!

It's your turn to make a Heart Healthy Menu. Fill out our blank menu turn in by February 23, 2018 you may win a prize!

NAME _____

American Heart Association
Fighting Heart Disease and Stroke

Healthy-Heart Menus

Write the names of foods that you think would make healthful menus for breakfast, lunch, dinner, and snacks.

Breakfast	Lunch
Dinner	Snacks

