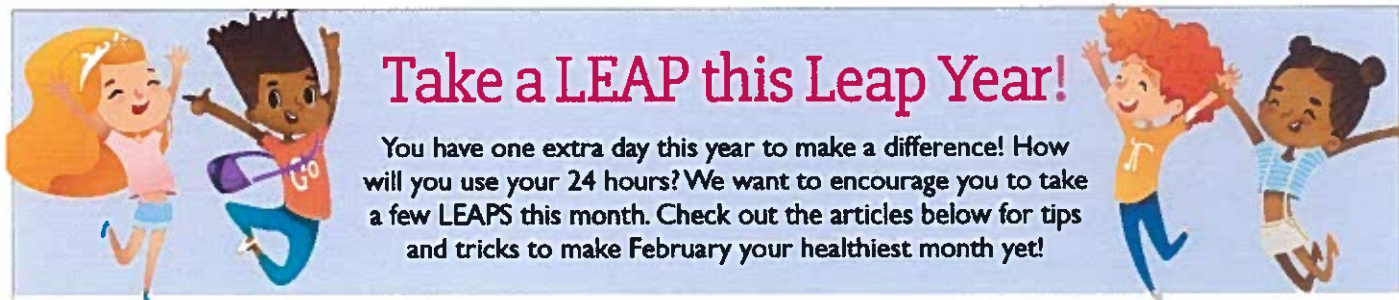


# QuickBites

YOUR MONTHLY SCHOOL NUTRITION NEWSLETTER

FEBRUARY 2020



## Take a LEAP this Leap Year!

You have one extra day this year to make a difference! How will you use your 24 hours? We want to encourage you to take a few LEAPS this month. Check out the articles below for tips and tricks to make February your healthiest month yet!

## Together, We Can Make Sure No Child Eats Alone



We know February 14th as Valentine's Day but there's another reason to LOVE that date: it's also No Child Eats Alone Day. No Child Eats Alone is a national program geared toward middle school students designed to promote inclusion in the lunchroom. We can all bring kindness to the cafeteria! Talk to your student about No Child Eats Alone Day and encourage them to keep a seat open for a new friend this February 14th.



To learn more, visit <https://www.nooneeatsalone.org>

## You Can't BEET It!

It's red. It's seasonal. It can't be BEET! This month, whip up a smoothie that's practically a love song to February. Beets are in season, and in this recipe, frozen berries sweeten them up to create a heart-healthy way to start your day.<sup>2</sup>



### Ingredients:

- 2 cups frozen red berries
- 1 small beet, peeled & cubed
- 1 tbs lemon juice
- 1 tbs honey
- 2 tsp coconut oil

### Directions:

Add ingredients plus ½ cup water to blender. Blend on high till smooth. Add additional water by tablespoon if needed and serve!

Sources: 1 - <https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/28-days-towards-healthy-heart>  
2 - <https://www.foodnetwork.com/recipes/food-network-kitchen/red-berry-and-beet-smoothie-3362663>



## American Heart Health Month

Our hearts are so important, which means American Heart Health Month is important, too! The habits you help your family establish today can last a lifetime. This February, we want to encourage you to be Heart Smart with these family-friendly tips<sup>1</sup>:

1. Take a walk together after dinner each night
2. Make sure fruits or vegetables are the majority of each meal
3. Try for a Meat Free Monday each week this month
4. Reduce stress with mindful exercises like meditation or yoga
5. Spring for some step trackers and start a family challenge!

We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

[rethinkschoolmeals.com](https://rethinkschoolmeals.com)



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