

Mark Your Calendars!

- February 2nd National Tater Tot Day
- February 9th National Pizza Day
- February 14th Valentine's Day
- February 16th National Pancake Day
- February 27th National Strawberry Day

Strawberry & Brownie Kabobs

Ingredients:

- 1 container of strawberries
- 1 bag of marshmallows
- Brownie Bites or homemade brownies
- Chocolate syrup
- Skewers



Directions:

1. Wash and remove the stems from each strawberry.
2. Attach the ingredients to the skewer in this order: strawberry, brownie, marshmallow, brownie, strawberry.
3. Drizzle chocolate syrup over the kabob and serve!

The History of Valentine's Day (with treats!)

February 14th is known as Valentine's Day, a holiday we associate with love and candy. But, how did this holiday begin?



- ♥ Valentine's Day is also called Saint Valentine's Day!
- ♥ Saint Valentine was a Roman priest who performed weddings against the wishes of authorities in the 3rd century, and so he's celebrated for supporting love.

Gifts with Sweets and Chocolate

- ♥ In 1861 a candy-maker thought to sell chocolates on the holiday. Packaged in heart-shaped boxes and decorated with rosebuds and cupids, a new Valentine's Day tradition was born.

Here are some healthy alternatives to these sweets...

- ♥ Dark Chocolate rather than Milk Chocolate
- ♥ Chocolate Covered Strawberries
- ♥ Fruit- Raspberries, Bananas, Kiwis
- ♥ Low Sugar and Low-Fat Ice Cream



HEART HEALTH AWARENESS MONTH

February is also American Heart Month, a reminder of how important a healthy heart is for a long and fulfilling life.

Heart Disease is the leading cause of death in the United States; 1 in 4 people will die of heart disease every year. Statistics like these encourage us to celebrate American Heart Month and prioritize our health.



4 Ways to Celebrate American Heart Month...

1. Learn about the symptoms of a heart attack
2. Participate in a organized heart health walk
3. Get a comprehensive physical
4. Host an event focused on heart-healthy recipes

Healthy Meals Grow Healthy Kids

