

This month's featured vegetable is...



**BEETS!**

## Healthy Tips

### **Eat Healthy:**

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.

### **Get Moving:**

- Get at least 60 minutes of physical activity every day to help keep your heart healthy.
- Walk to and from school or to after-school activities.
- Walk in your neighborhood – to the park, church, farmers' market, or grocery store.

# FEBRUARY 2014

February is American Heart Month

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes	Saturday Sabado
<b>Rethink Your Drink</b>						1
<ul style="list-style-type: none"> <li>• Drink water instead of sugar-sweetened beverages, such as sodas, energy drinks, and fruit drinks.</li> <li>• How much water is enough? Let your thirst be your guide – everyone's needs are different.</li> <li>• Use the Nutrition Facts label to choose foods and beverages with less total sugars.</li> </ul>						
2 Groundhog's Day	3	4	5	6	7	8
9	10	11	12 Lincoln's Birthday	13	14 Valentine's Day	15
16	17 President's Day School Closed	18 School Closed	19 School Closed	20 School Closed	21 School Closed	22 Washington's Birthday
23	24	26	27	28		

## Mandarin Beet Salad

**Makes 4 servings.** 1 cup each.  
**Prep Time:** 10 minutes

### Ingredients:

- 2 cups canned beets, drained
- 1 cup canned mandarin oranges (packed in 100% juice)
- 1 cup currants or raisins

1. Drain mandarin oranges and keep ¼ cup of the juice.
2. In a bowl, combine beets, mandarins, currants, and ¼ cup of reserved juice. Mix well.
3. Serve immediately or chilled.

*Nutrition information per serving:*  
Calories 92, Carbohydrate 24 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 80 mg

Adapted from: Hawthorne School District, *Network for a Healthy California, 2009.*



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips. •California Department of Public Health

