

February Family Newsletter

Choosing Healthy Habits Planner Theme: Heart-Healthy Advocates

February is American **Heart** Month. **Heart** disease is the leading cause of death in America. Your physical activity choices have a big impact on your **heart's** health. Become a **heart-healthy advocate** by moving one hour and limiting screen time every day! In addition, develop a **heart-healthy** eating plan, which includes three vegetables and two fruits every day.

*Check out page 107 in the *Choosing Healthy Habits* planner for more information.



National Healthy Habit Celebrations:

- ✓ American **Heart** Month
- ✓ Hot Breakfast Month
- ✓ Grapefruit Month
- ✓ Sweet Potato Month



Set
a
goal!

Healthy Habit Challenge

Spread the **love** by challenging your family to become **heart-healthy advocates**. Work together to move one hour and limit screen time every day! Go biking together or walk around the neighborhood.



Harvest of the Month: Cruciferous Vegetables (Cabbage, Broccoli, Cauliflower)

Fun Facts

- ✓ **Cruciferous** vegetables provide vitamin A which helps support a healthy immune system.
- ✓ **Cruciferous** vegetables are often known for their distinct odor when cooked by certain methods.



Buying Tips

- ✓ Choose **cabbage** heads that are firm, crisp and free of cracks.
- ✓ Choose **cauliflower** with creamy white curds and bright green leaves.
- ✓ Choose **broccoli** with dark green stalks and tightly closed buds.

Cabbage Stir-Fry

Ingredients:

- 2 teaspoons oil
- 1 cup celery, sliced
- 1 cup onion, chopped
- 3 cups **cabbage**, shredded or chopped
- ½ cup green pepper, chopped
- 1 medium tomato, chopped
- salt and pepper to taste



Instructions:

1. Heat oil in a large skillet.
2. Add celery and onion.
3. Cook 4-7 minutes until soft.
4. Add **cabbage**, green pepper, salt/pepper.
5. Cook for 5-10 minutes, stirring often.
6. Add tomato and serve immediately.
7. Enjoy!
8. Refrigerate leftovers within 2 hours.

*Makes 4 servings. For more information [click here!](#)