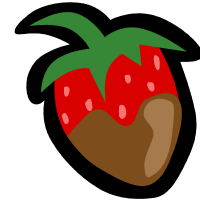


*Healthy Tips from your School Nurse:*



February is Dental Health month. February also brings with it more sweets and candies on Valentines Day! This is a great time to reinforce good tooth brushing. This is also a great time to substitute some sweet snacks that have empty calories (no nutritional value) with foods that have some healthy benefits and are fun to make and eat!

- **Strawberries** cut in half resemble a heart and can be served as part of a healthy breakfast with a low sugar cereal or oatmeal.
- **Fresh fruits** such as strawberries, bananas, and pineapple dipped in chocolate are a better way to balance a treat with some added nutrition.
- **Berry Smoothie** made with 1 cup of low fat strawberry yogurt, 1 cup mixed berries (fresh or frozen), and 2 tsp. frozen orange juice concentrate (or regular orange juice) – combine in blender
- **Individual Heart shaped pizza** – cut out pizza dough into heart shapes using a large cookie cutter, sprinkle with pizza sauce, cheese and add some fresh tomatoes cut into thin wedges to form a heart on top!
- **Pretzels** are a lower fat treat-when dipped in white chocolate and rolled in red, white or pink sprinkles makes a fun treat.

