Building a Healthier Generation

FEBRUARY 2019

February is American Heart Month

We can protect our heart and our overall health by eating a well-balanced diet full of fruits and vegetables, whole grains, low-fat dairy products, nuts and legumes, lean source of protein and reducing the amount of sugar we consume.



Valentine's day doesn't need to be surrounded around giving and receiving sugary treats. Here are some healthy and fun alternatives to candy for Valentine's day.

- Heart shaped cheese served with crackers
- Fresh or frozen fruit- get creative!
 Use a heart shaped cookie cutter to create fun shapes
- Dried fruit: small box of raisins, banana or apple chips
- Berry smoothie made with strawberries & low-fat milk

- Heart shaped peanut butter & jelly sandwiches
- Heart shaped whole grain pancakes
- Bubbles
- Pencils or other stationary items
- Go traditional! Create handmade cards with kind messages



Congratulations!

Ramonita Figuera, Manager, and Sara Sanchez, Monitor, are celebrating service anniversaries with LSF!

We appreciate their diligence and commitment with LSF's Child Care Food Program. Ramonita and Sara are dedicated and hard-working members of the LSF family!



Strawberry & Watermelon Kabobs

Total time: 10 minutes

Ingredients

1 small watermelon, cut into discs

3 cups strawberries, halved

* You can also use pineapple, honeydew, or cantaloupe

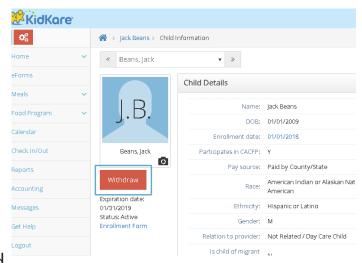
Directions

- 1. Cut the watermelon and strawberries with a heart-shaped cookie cutter.
- 2. Thread the watermelon and strawberries onto a skewer.
- 3. Serve as a fun to eat snack

HOW TO: Withdraw a Child

Reminder: Children who are <u>NOT</u> present and claimed for at least one meal during the month should be withdrawn.

- 1. From the menu to the left, click Home.
- 2. Click My Kids.
- 3. Click and ensure that Active is selected.
- 4. Click the name of the child to withdraw. The Child Information page opens.
- 5. Click Withdraw.
- 6. Click the Choose a Date box and enter the withdraw date.
- 7. Click OK.





Kelly Crilly Yeneilis Gort-Aponte Madeline Pelaez-Garces Pilar Rodriguez Keila Cardona-Capella

Cristina Fernandez-Vazquez Maria Perez Joencys Sarria-Rodriguez Yoslain Rodriguez-Fernandez