



# February Daily Health Announcements

<p>Did you know that 83% of kids that have had the Building Healthy Communities program have reported less trouble sleeping and 130% reported having more energy? Being active and eating well can help you be healthy too!</p>	<p>It's healthy to try new combinations of foods, as our taste buds change as we grow. Try 2 foods together you've never tried before - like peanut butter on apple or celery, or fruits like banana or berries in your cereal.</p>	<p>When you eat meat, its best to choose lean meats. The word "lean" means it doesn't have a lot of fat. Turkey, chicken and fish are great examples. These belong in the protein food group, which helps build our muscles!</p>	<p>Did you know that you need to wash your hands with soap and water for 20 seconds before you eat? Counting out loud can help us make sure we wash up long enough to kill the germs on our hands!</p>	<p>We need 3 servings of dairy foods each day. We want to eat low-fat dairy because it gives our body healthy nutrients we need but with less fat, which is healthier for our hearts. Look for 1/2%, 1%, or 2% milk!</p>
<p>Did you know February is heart health month? It is important to stay physically active during these colder months. The more active you are, the healthier your heart will be!</p>	<p>Did you know strawberries are the only fruit which has its seeds on its outer skin? Strawberries are eaten in many ways including fresh, dried, as a jam, or in a drink like water. They provide us loads of vitamin C!</p>	<p>Caffeine is a natural stimulant that is found in many foods and drinks like coffee or tea. It makes people feel energetic and alert. Its best to limit how much we consume because it can cause a fast heart rate, high blood pressure, dehydration, and weak bones and teeth!</p>	<p>Did you know it's smart to grocery shop on a full stomach? This helps us make healthier food choices. It is harder to resist impulse or poor choices when your stomach is empty.</p>	<p>What is the difference between fruits and vegetables? Fruits grow from the flowers of plants and contain seeds. Vegetables are the other parts of the plant, like stems, roots and leaves! See Graphic</p>
<p>Do you ever get tired of watching TV, or feel like you've watched too much? Challenging yourself to find alternative activities is healthy for your body and mind. See if you can avoid watching TV and be active instead!</p>	<p>Showing appreciation is important for the wholeness in our hearts and our mental well-being. Write a note of gratitude for someone who you care about!</p>	<p>Nut butter is rich in fiber, protein, and healthy fats, which help improve blood cholesterol and our energy level!</p>	<p>A healthy breakfast has at least 3 food groups in it. Some people have a hard time fitting in a vegetable. A great way to include veggies at breakfast is in a smoothie or in an omelet! Give it a try!</p>	<p>Did you know that some vegetables, like carrots and potatoes grow under the ground? These are called root vegetables because they are the root of the plant!</p>
<p>Protein foods help build our muscles grow strong, and so does being active! Aim for getting 60 minutes of physical activity each day!</p>	<p>Did you know cocoa provides antioxidants, magnesium, iron and calcium? Enjoy a small piece of dark chocolate or a hot cup of cocoa to warm up!</p>	<p>In your lifetime, your heart is going to beat more than 3 BILLION times! Red fruits and vegetables are healthy for our heart!</p>	<p>Some foods we eat can have too much sugar or fat, like cookies, cake or chips. These can make us hyper, tired or can hurt our stomachs. Choosing foods that fit into the 5 MyPlate food groups help us feel our best!</p>	<p>Did you know being physically active helps our whole body? Keeping a journal of our activity can help us see how active we are! Scheduling active times on our calendar can also help remind us to be active! See</p>

Social media graphics for the month of February can be found [here!](#)