



TIPS FOR A HEALTHY AND HAPPY VALENTINE'S DAY



February is the month for Valentine's Day parties, chocolates and other sweet treats. It has also been designated by the American Heart Association as American Heart Month--a time to develop lifelong heart-healthy habits. Here are some ideas to help you provide heart healthy treats for your classroom parties!

 Focus on the FUN, not the food! Try websites like puzzlemaker.discoveryeducation.com and enchantedlearning.com for fun craft, puzzle and game ideas.

 If you choose to have an activity involving sweets, consider sending the treat home at the end of the day. A parent may want to have their child wait until after dinner for the indulgence.

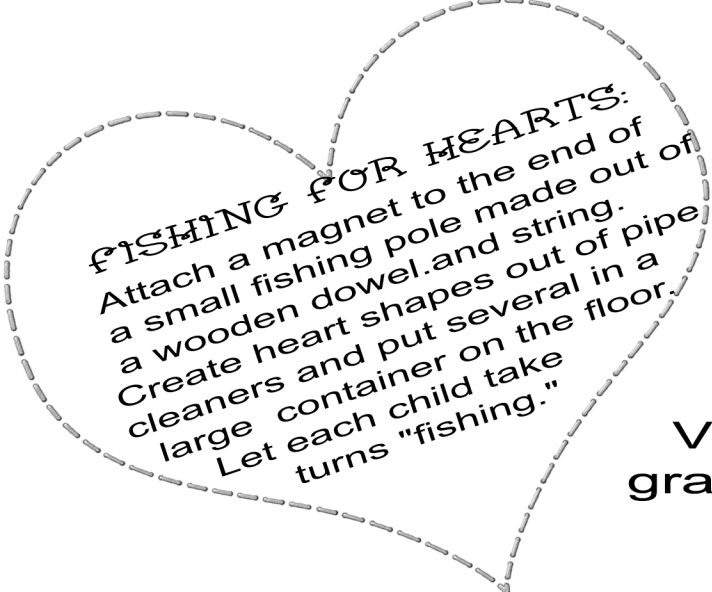
 Don't "Supersize"--If you decorate cookies for Valentine's Day, choose smaller cookies vs. giant cookies for decorating.

 Consider serving fresh strawberries, strawberry or cherry yogurt tubes, pretzels and popcorn.

Recipe idea: Strawberry Roll-ups

You will need: 4 (6 inch) soft tortillas
Low-fat Strawberry cream cheese
4 T Strawberry jam

Spread the cream cheese evenly across each tortilla. Add 1 T of strawberry jam, spread down the center. Fold in the edges of the tortilla, about two inches. Now roll the tortilla up- jelly roll style. Slice into 2-inch bites for the perfect Valentines Day snack.



FISHING FOR HEARTS:

Attach a magnet to the end of a small fishing pole made out of a wooden dowel and string. Create heart shapes out of pipe cleaners and put several in a large container on the floor. Let each child take turns "fishing."

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