




February: Love Your Heart!

*Healthy Eating + Physical Activity =
Better Health and Better Students*

For a Healthy Heart-

- Make half of your plate fruits and vegetables
 - 2 fruits and 3 vegetables every day!
- Eat lean protein and include more beans, peas, or seafood
- Make sure your grains are “whole” grains
- Eat less processed foods

Check out www.HealthMPowers.org and follow us on    @HealthMPowers

Attention Families:

Go to the **February** section of your child's student planner and read the information on healthy eating and physically activity.

As a family, complete all of the activities for the month of **February**. For example, students in grades 1-2, complete the **Family Challenge**. Students in grades 3-5, complete the weekly **Take Home Heathy Habits Challenge**.

