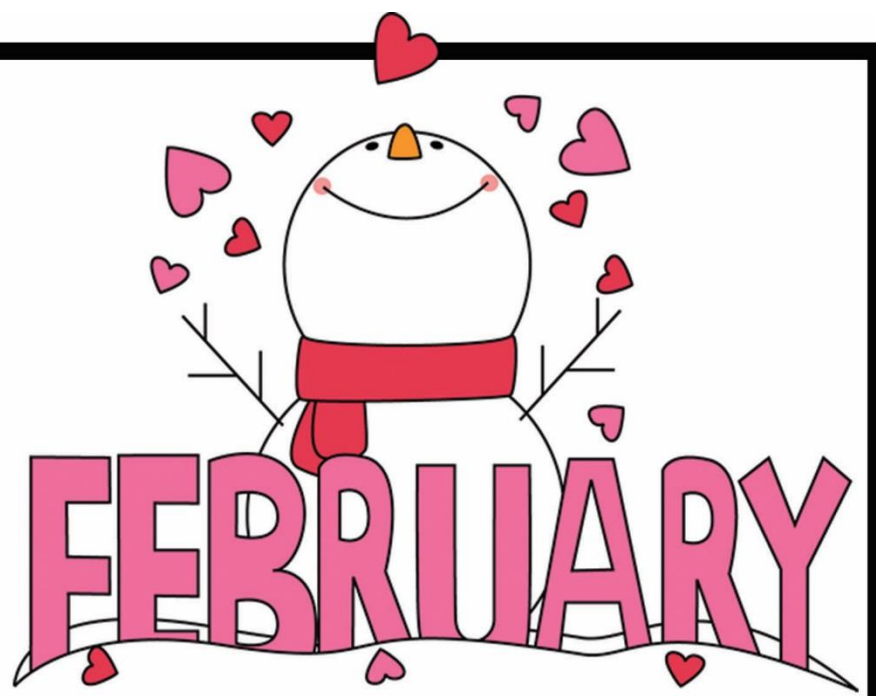


NUTRITION NEWS 2019



February 22nd is National Skip the Straw Day

Plastic and straws are not biodegradable and harm marine life in many ways.

Swap out your plastic straws for other biodegradable options (paper straws or cups with lids).

Local Pink Lady Apples

FACTS

Sweet Treats to Eat

February is National Cherry Month

&

Fabulous Florida Strawberry Month

Fit it into your daily routine for breakfast, lunch, dinner or even at snack time!



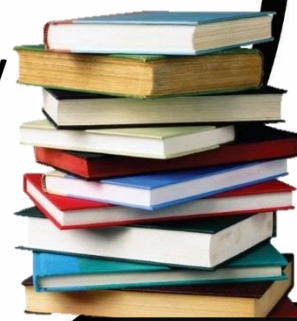
National Black History Month

National Library Lover's Month

February 2nd- Ground Hog Day

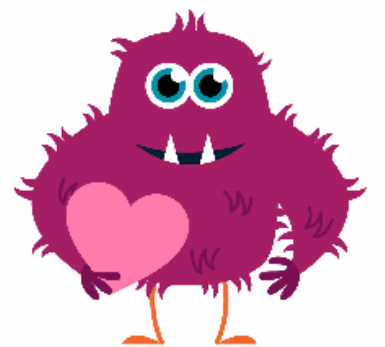
February 12th-Abraham Lincoln's Birthday

February 22nd- George Washington's Birthday



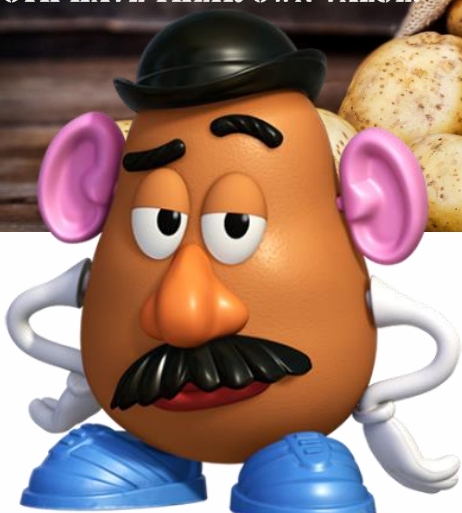
Happy Valentine's Day

Celebrate the love February 14th



HEALTH BENEFITS

EAT THE WHOLE THING, SKIN AND ALL. ONE PART OF THE POTATO IS NOT MORE NUTRITIOUS THAN THE OTHER. BOTH HAVE THEIR OWN VALUE.



"This institution is an equal opportunity provider."



Local Potatoes

Dietitian's Corner



For many, chocolate is a Valentine's Day favorite. It is not only delicious but may have positive health benefits for your heart. Why? Chocolate contains antioxidants, such as flavanols. Research shows flavanols may have beneficial effects on risk factors for cardiovascular disease. A heart-shaped box of chocolates may make your heart happy in more ways than one!



POMPTONIAN FOOD SERVICE