

Families Making the Connection

Let's Help – Teach Them Life's Simple 7™

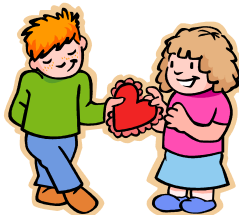
Celebrate American Heart Month with these 7 simple tips:

1. **Get active.** Just 30 minutes a day helps control your weight and makes you feel great!
2. **Control cholesterol.** How? Schedule a screening—know your numbers. Most often, go for foods low in cholesterol and saturated fat and free of trans fats.
3. **Eat better.** Balance calories with activity to manage weight. Heart smart foods include fruits and veggies, whole grains, fish, lean meats, and poultry without skin. Choose 1% or fat free dairy products. Aim to reduce salt and salty foods in your diet. Check out the **2010 Dietary Guidelines for Americans** at www.cnpp.usda.gov/dietaryguidelines.htm.
4. **Manage blood pressure.** By following the tips above, plus limiting alcohol and avoiding tobacco smoke, you can help prevent this “silent killer”.
5. **Lose weight.** Even a small weight loss can often make a big difference to health.
6. **Reduce blood sugar.** Do you have diabetes? Keeping your blood sugar under control helps keep heart disease at bay.
7. **Stop smoking.** Making this one change can make an enormous positive impact!

For motivation, support and additional ways to take action, go to <http://mylifecheck.heart.org>. Take the **My Life Check™** assessment and make a new life resolution today!

February

- American Heart Month
- Children's Dental Health Month



Menus for February 2012

Warren County Elementary Schools

Families Eating Smart and Moving More

Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.
- Breastfeed your baby.

Wednesday, February 1

Chicken Biscuit
Assorted Juices/Fruit

Chicken and Rice
Carrots
Applesauce
Wheat Rolls
Fresh Fruit
Milk

Thursday, February 2

Breakfast Pizza
Assorted Juices/Fruit

Corn Dog Nugget
Macaroni and Cheese
Green Peas
Pears
Fresh Fruit
Milk

Friday, February 3

Waffles
Assorted Juices/Fruit

Cheeseburger
French Fries
Baked Beans
Diced Peaches
Fresh Fruit
Milk

Monday, February 6

Super Bakery
Assorted Juices/Fruit

Fish Sandwich
French Fries
Corn
Chilled Pineapples
Fresh Fruit
Milk

Tuesday, February 7

Super Donut
Assorted Juices/Fruit

Chicken Tenders
Mashed Potatoes
Green Peas
Sliced Peaches
Fresh Fruit
Milk

Wednesday, February 8

Sausage Biscuit
Assorted Juices/Fruit

Lasagna
Garden Salad
Green Beans
Mixed Fruit
Wheat Rolls
Milk

Thursday, February 9

Breakfast Pizza
Assorted Juices/Fruit

Corn Dog On a Stick
Mashed Potatoes
Mixed Vegetables
Sliced Pears
Fresh Fruit
Milk

Friday, February 10

Steak Biscuits
Assorted Juices/Fruit

Chicken Vegetable
Soup
Grilled Cheese
Applesauce
Oranges
Crackers
Milk

Fit Foundations

Creole-style Black-eyed Peas

Makes 8 servings
Serving size: 1 cup

Ingredients

- 3 cups water
- 2 cups dried black-eyed peas
- 1 teaspoon low sodium chicken-flavored bouillon granules
- 2 cups canned no salt added tomatoes, crushed
- 1 large onion, finely chopped
- 2 stalks celery, finely chopped
- 3 teaspoons minced garlic
- 1/2 teaspoon dry mustard
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1 bay leaf
- 1/2 cup chopped parsley

Directions

1. Add 2 cups of the water and black-eyed peas to a medium saucepan. Bring to a boil over high heat. Boil for 2 minutes. Then, cover the pan and remove it from the heat. Let stand for 1 hour.
2. Drain the water, leaving the peas in the saucepan. Add the remaining 1 cup of water, bouillon granules, tomatoes, onion, celery, garlic, dry mustard, ginger, cayenne pepper and bay leaf. Stir together. Then, bring to a boil. Cover the saucepan. Reduce the heat and simmer slowly for 2 hours. Stir occasionally. Add water, as necessary, to keep the peas covered with liquid.
3. Remove the bay leaf from the cooked beans. Spoon the beans into a serving bowl. Garnish with parsley and serve.



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Sources: <http://mylifecheck.heart.org>, www.mayoclinic.com

Monday, February 13 <p style="text-align: center;">Teacher's Workday</p>	Tuesday, February 14 Ham Biscuit Assorted Juices/Fruit Hamburger on Bun Tater Tots Lettuce/Tomato Baked Beans Applesauce Milk	Wednesday, February 15 Sausage Biscuit Assorted Juices/Fruit Beefaroni Green Beans Garden Salad Diced Pears Wheat Rolls Milk	Thursday, February 16 Breakfast Pizza Assorted Juices/Fruit BBQ on Bun/Cole Slaw Corn Mashed Potatoes Mixed Fruit Fresh Fruit Milk	Friday, February 17 Chicken Biscuit Assorted Juices/Fruit Ham and Cheese Sub Garden Salad Peas Sliced Peaches Pears Milk
Monday, February 20 Super Bakery Bun Assorted Juices/Fruit Nachos w/Cheese Pinto Beans Lettuce/Tomato Applesauce Fresh Fruit Milk	Tuesday, February 21 Pancake on a Stick Assorted Juices/Fruit Pepperoni Pizza Garden Salad Green Beans Sliced Peaches Fresh Fruit Milk	Wednesday, February 22 Sausage Biscuit Assorted Juices/Fruit Turkey and Gravy Mashed Potatoes Garden Salad Green Peas Pears Wheat Rolls Milk	Thursday, February 23 Breakfast Pizza Assorted Juices/Fruit Hot Dog on Bun French Fries Corn Mixed Fruit Fresh Fruit Milk	Friday, February 24 Steak Biscuits Assorted Juices/Fruit Chicken Vegetables Soup Grilled Cheese Apple Sauce Oranges Crackers Milk
Monday, February 27 Mini-Loaves Assorted Juices/Fruit Chicken Nuggets French Fries Green Beans Sliced Peaches Fresh Fruit Milk	Tuesday, February 28 Sausage Biscuit Assorted Juices/Fruit Pepperoni Pizza Garden Salad Corn Mixed Fruit Fresh Fruit Milk	Wednesday, February 29 Chicken Biscuit Assorted Juices/Fruit Chicken and Rice Carrots Apple Sauce Wheat Rolls Fresh Fruit Milk		