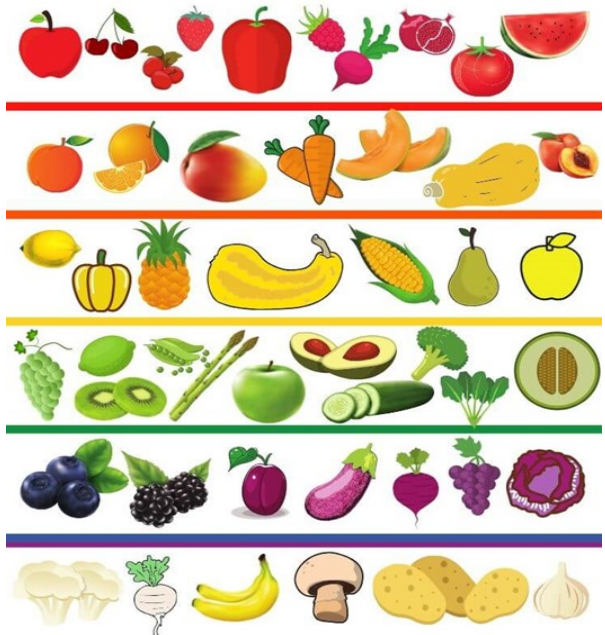


Apples are Red, Blueberries are Blue, Wont you try a Fruit or Veggie or two?

Clyde-Savannah CATCH Newsletter **February 2021**

February is **Heart Health Month!** Fruits and vegetables provide nutrients that are great for our hearts! Be sure to eat fruits and vegetables of all different colors!



Scavenger hunt! A. Find a fruit or vegetable of each color at the grocery store.
B. Use the chart to help you eat the rainbow everyday! List the food you tried in the chart.

- A. 1. Orange _____
2. Green: _____
3. Yellow: _____
4. Red: _____
5. Brown: _____
6. Purple: _____
7. Blue: _____

B.

	Red	Orange	Yellow	Blue	Green
Example	Red Pepper	Mango	Banana	Blueberry	Kale
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Exercise is also very important for heart health!

Activity: Spell out your name and do the corresponding exercises! After you've complete your name, try another

WORD WORKOUTS FOR KIDS!

A - 5 Jumping Jacks	J - 30 Sec. High Knees	S - Run in place for 30 Sec.
B - 5 Jumping Jacks	K - Kick your left foot as high as you can	T - Run with High Knees
C - 10 Jumps	L - 5 Jumping Jacks	U - 10 Jumps
D - Hop on one foot 5 times	M - 10 Jumps	V - 10 Mtn. Climbers
E - Touch toes 10 times	N - Balance on 1 Leg for 30 Sec.	W - Balance on 1 Leg for 30 Sec.
F - Crab Walk for 10 sec.	O - 5 Sit-Ups	X - 5 Sit-Ups
G - 5 Sit-ups	P - 5 Push-Ups	Y - 5 Jumping Jacks
H - 10 Mtn. Climbers	Q - 10 Mtn. Climbers	Z - Hop on one foot 5 times
I - 5 Push-ups	R - Kick your right foot as high as you can	

Today's word is: **SPELL YOUR NAME**

Recipe Spotlight:

Banana Berry Smoothie

Ingredients:

- 1 cup sliced banana
- 1 cup unsweetened frozen berries
- 1 cup nonfat or 1% milk
- 1 cup orange juice

Directions:

1. Place all ingredients in blender. Blend until smooth.
2. If too thick, add 1/2 cup cold water.
3. Refrigerate leftovers within 2 hours.



Nutrition Facts

Serving Size about 1 cup (199g)
Servings Per Container 4

Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 3g	
Vitamin A 4%	Vitamin C 70%
Calcium 8%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	