



Caprese Salad Sticks

INGREDIENTS (Per stick) :

- ¾ ounce fresh mozzarella cheese (approximately 3 round cheese balls)
- 3 basil leaves
- 3 cherry tomatoes (slice in 1/2 for kids 4 and under)
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon sea salt (optional)
- Bamboo skewer

Directions:

- In order, assemble cheese, basil and tomato onto the skewer until all ingredients are stacked beautifully.
- Drizzle olive oil over assembled skewer. Enjoy!



EATING HEART SMART

By: Jessica Gust, MS, RDN

February is American Heart Month and what better way to take care of your heart than with what you feed and how you move your body? When talking about heart health I like to focus on the 3 F's: Fiber, Fats, and Fitness.

Teaching kids to incorporate a variety of heart-healthy foods from a young age through both exposure and role modeling is the best way to instill nutritious habits.

Key Ingredients for Heart Health:

1. **Fiber:** naturally found in fruits, vegetables, and whole grains. Fiber helps to remove cholesterol from the body which can be protective of the heart. Fruits and vegetables also have key vitamins and minerals for growth and development in children.
 - Fruits
 - Vegetables
 - Whole Grains
2. **Healthy Fats:** Mono and polyunsaturated fats are liquid at room temperature and are good for the heart! These types of fats help lower LDL (bad cholesterol) and increase HDL (good cholesterol.) Lower LDL levels are protective against heart disease.
 - a. Fatty fish
 - b. Nuts & seeds (but watch out for allergies)
 - c. Oils (avocado oil, olive oil, etc.)
3. **Fitness:** how we move our body. Getting kids outside and active is key to a strong heart. Exercise strengthens the heart (which is a muscle!)
 - a. Walking, running, bike riding, skating.
 - b. Climbing, jumping, swinging on bars etc.