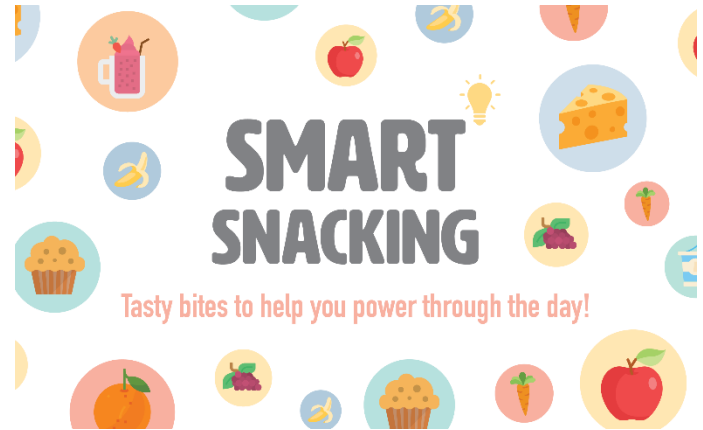


# Montesano School District

## February Nutrition Newsletter



## Lots to LOVE About School Dining

Welcome to your monthly newsletter! We are excited to share our story with you! There's no question that students today are busier than ever! With school, sports and other extra-curricular activities, we want to ensure students understand how healthy snacks and meals can be an important part in keeping them energized all day long.

Fun facts about February:

- February is the shortest month of the year, with only 28 or 29 days.
- February is the only month that can pass without a single full moon. This last happened in 1999 and will happen again in 2037.
- February is National African American History Month in the United States.
- February is American Heart Month, a time to raise awareness about heart health.
- February is the only month with an even number of letters in its name in English.
- In the Northern Hemisphere, February is a cold month, with Valentine's Day being a popular holiday to show love and affection to friends and loved ones.

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chartwells  
serving up happy & healthy

### What's Happening on the Menu?

**February 1: National Tater Tot Day**

**February 9: National Pizza Day**

**February 27: National Strawberry Day**

### Events to Look Forward to this Month:

**February 14<sup>th</sup>-Valentines Day**

### Days to look out for:

**February 8<sup>th</sup> & 9<sup>th</sup>-**

**Early Release Elementary**

**February 19<sup>th</sup>-No School**

HAPPY VALENTINE'S DAY!



FEBRUARY

# SMART SNACKING

Tasty bites to help you power through the day!

Smart Snacking offers craveable, well-balanced snacks and mini meals to help students power through their day.

The tradition of three square meals a day is becoming a thing of the past, and insights show students have nontraditional eating habits and favor mini meals.

Between classes, afterschool activities, jobs and friends, they're on the move and want to eat in a way that matches their lifestyle. They find snacks easier, faster and more enticing than traditional meals. Satisfy their love of snacks with this month's theme.

## SNACK HACKS

It's no secret that Americans like to snack. But just how much they like to snack might take you by surprise. A study conducted by OnePoll found that on three separate occasions per week,

**51% of Americans will swap out a major meal for snacks.**

**69% of Americans reported taking a snack with them whenever they leave the house.**

When it comes to choosing which snack to enjoy, we are spoiled with choices. Unfortunately, snacks don't always equate to healthy choices. In fact, the most popular snacks in the U.S. today are cookies, with chips and ice cream coming in a close second and third, respectively. \*\*

### Berries

Colorful berries like blueberries contain helpful plant compounds called anthocyanins, which have anti-inflammatory and antioxidant effects that support brain health and improve memory and concentration.

## SPICED TRAIL MIX

### INGREDIENTS

1 lb — cherry juice infused raisins  
1 lb — General Mills Cinnamon Chex™  
8 oz — hulled pumpkin seeds  
1 lb — Nature Valley™ Oats and Honey Granola  
2 tsp — ground cinnamon  
2 tsp — ground nutmeg  
8 oz — semi-sweet chocolate chips

Servings: 8

### METHOD

1. In a medium bowl, mix together Chex™ cereal, raisins, semi-sweet chocolate chips, granola, pumpkin seeds, cinnamon and nutmeg. Toss all together.

Serve and Enjoy!

**DID YOU KNOW?** Dried cranberries are also commonly referred to as raisins (like a cranberry-raisin). Dried cranberries provide energy, antioxidants, and a tart sweetness. Raisins don't require refrigeration, which makes them great for portable snacking



## SMART SNACKING

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