

FEBRUARY BREAKFAST

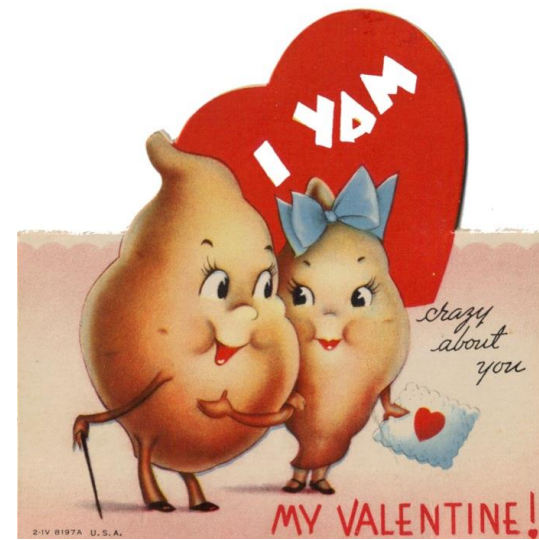


<p>Tuesday – 2/2</p> <p>Grape Juice Bran Flakes Cereal Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Fruit</p>	<p>Wednesday – 2/3</p> <p>Cranberry Juice Cinnamon Squares Cereal Hard Boiled Egg String Cheese Tropical Fruit</p>	<p>Thursday – 2/4</p> <p>Orange Juice Egg and Cheese Taco Roll Granola Fresh Fruit</p>
<p>Tuesday – 2/9</p> <p>Apple Juice Turkey Sausage Biscuit Bran Flakes Cereal Raisins</p>	<p>Wednesday – 2/10</p> <p>Grape Juice Raisin Bran Cereal Pumpkin Muffin Cherry Craisins Hard Boiled Egg</p>	<p>Thursday – 2/11</p> <p>Cranberry Juice WG Frosted Flakes Cereal Whole Wheat Bagel Egg Patty & Cheddar Cheese Fresh Fruit</p>
<p>Tuesday – 2/16</p> <p>Apple Juice String Cheese Turkey Sausage Pancake Minis (3) Tropical Fruit Pancake Syrup</p>	<p>Wednesday – 2/17</p> <p>Orange Juice Bran Flakes Cereal Whole Wheat Cinnamon Roll Hard Boiled Egg</p>	<p>Thursday – 2/18</p> <p>Grape Juice Cinnamon Squares Cereal Whole Wheat Bagel Cream Cheese & Assorted Jelly Fresh Fruit</p>
<p>Tuesday – 2/23</p> <p>Grape Juice Oatmeal String Cheese French Toast Sticks & Pancake Syrup Whole Grain Goldfish Crackers</p>	<p>Wednesday – 2/24</p> <p>Cranberry Juice Bran Flakes Cereal Whole Wheat Bagel Peanut Butter Pineapple Tidbits</p>	<p>Thursday – 2/25</p> <p>Orange Juice Cheese Omelet Strawberry Waffle Graham Crackers Raisin Bran Cereal</p>

Fight Stress with Healthy Habits

- Slow down.** Plan ahead and allow enough time to get the most important things done without having to rush.
- Snooze more.** Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.
- Let worry go.** The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.
- Laugh it up.** Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.
- Get connected.** A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.
- Get organized.** Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.
- Practice giving back.** Volunteer your time or spend time helping out a friend. Helping others helps you.
- Be active every day.** Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.
- Give up the bad habits.** Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.
- Lean into things you can change.** Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at heart.org/HealthyForGood



Healthy Eating for Older Adults

Eating well can help keep you healthy and active. Use these simple tips to help you make smart food choices for years to come.

Make eating a social event

Enjoy meals with friends or family member as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or states.

Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.

Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley add flavor without the salt.

Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.

Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

Be mindful of your nutrient needs

You need higher levels of calcium and vitamin D to keep bones strong. Nonfat and low-fat dairy provide calcium, and so does non-dairy sources like calcium-fortified orange juice and soy milk.

<https://www.myplate.gov/tip-sheet/healthy-eating-older-adults>

T E N D G Z L E I S D O S J N
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D P N O L O N Z I B V U D B M
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BURROW
CLOUDY
FORECAST
GROUNDHOG
HIBERNATE
PHIL
PREDICTION
PUNXSUTAWNEY
SHADOW
SPRING
SUNNY
WINTER