

Make Valentine's Day heart-healthy with a snack board

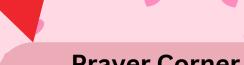
Assemble a board with favorite fruits, snacks & sweets

- Strawberries
- Whole-grain crackers
- Raspberries
- Almonds
- Low-fat cheeses Dark chocolate

Recipe adapted from Healthy Family Project



- Get active and do some exercise every day!
- Eat **heart healthy foods**. Think avocados, almonds, dark chocolate, blueberries, oatmeal, and oranges.
- Limit your sodium intake season foods with lemon, garlic, and other spices like cumin or parsley instead.
- Reduce stress by meditating, stretching, or reducing social media time.



Prayer Corner

Lord, we thank you for continuing to supply our every need. May we glorify and reflect you the way you deserve to be reflected.

Amen.