



Preferred Meal Systems, Inc.

# THE PREFERRED WORD

## February 2012

DATES TO

REMEMBER

February 1st - National Freedom Day

February 2nd - Groundhog Day

February 14th - Valentine's Day

February 20th - President's Day

February 21st - Mardi Gras

February 22rd - Ash Wednesday



## Rock Star News

### 3 Reasons to Brush Your Teeth Twice a Day

Do you doubt the importance of brushing your teeth twice a day in the modern world of mouth wash, mints, breath sprays, and breath strips? Believe it or not there are more reasons than minty fresh breath to keep up with your tooth brushing skills.

**FLUORIDE** - Most toothpaste brands include fluoride as one of its main ingredients. It creates a layer of protection around your teeth and is the first line of defense against the formation of cavities while you sleep.

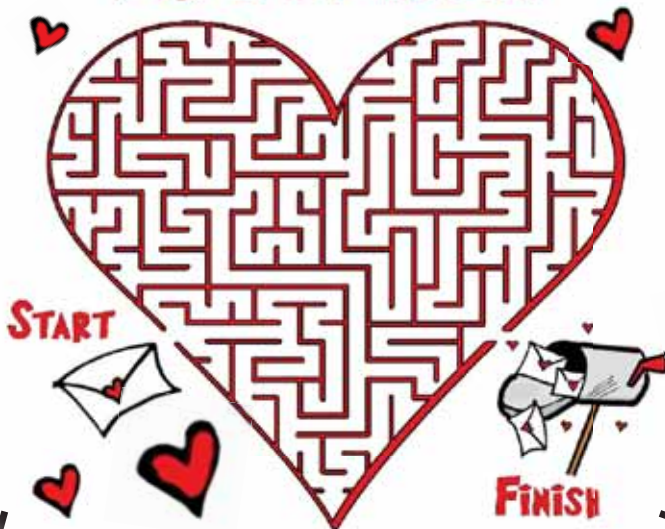
**BACTERIA** - It's important to brush your teeth two times a day in order to remove harmful bacteria from building up in your mouth. The bacteria, if left unchecked for a full 24-hour period will have plenty of time to do more damage to the enamel of your teeth.

**FRESH BREATH** - No one wants to be the person in a crowded elevator with a not so small case of halitosis. Nothing is as effective at controlling bad breath as regular brushing of the teeth.

For more reasons why brushing your teeth is important please visit life. <http://www.sanedentist.com/7-reasons-to-brush-your-teeth-twice-a-day.html>



### Mail The Valentine's Day Card Maze!



- Prepay for meals online! Monitor what your child is eating at [mealpayplus.com](http://mealpayplus.com).

Complete the Application for Free & Reduced Priced Meals Online at: <https://schoolmealapp.sfusd.edu/>. If completed online, you do not need to submit a paper application!



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# HARVEST OF THE MONTH! BROCCOLI!



**A** half cup of cooked broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate.

**B**roccoli has been around for over 2,000 years and has been grown in the United States for more than 200 years.

**C**alifornia is the #1 commercial producer of broccoli in the United States, producing more than 90% of the nation's crop.



For more information about broccoli and/or the Nutrition Education Project, visit [www.healthiersf.org](http://www.healthiersf.org) and CLICK on the icon



## FUN FACTS

### Valentine's Day

- More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.
- In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, United Kingdom, France, Australia, Denmark, and Italy.
- Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.
- About 3% of pet owners will give Valentine's Day gifts to their pets.
- Approximately one billion Valentines are sent out worldwide each year according to estimates by the U.S. Greeting Card Association. That's second only to Christmas.



<http://www.sheknows.com/holidays-and-seasons/articles/807655/fun-facts-about-valentine-s-day>



## Musicology

### Bagpipes

- ✓ Bagpipes are a class of musical instrument, aerophones, using enclosed reeds fed from a constant reservoir of air in the form of a bag.
- ✓ The origins of the bagpipe can be traced back to the most ancient civilizations.
- ✓ The most common method of supplying air to the bag is by blowing into a blowpipe, or blowstick.
- ✓ In some pipes the player must cover the tip of the blowpipe with his tongue while inhaling, but modern blowpipes have a non-return valve that eliminates this need.

<http://www.music.iastate.edu/antiqua/bagpipe.htm>

