Have a Heart Healthy Valentine’s Day

This Valentine’s Day, leave the candy and sugary snacks out of the classroom and teach students and parents/caregivers about the importance of having heart healthy snacks and being physically active.

HOW:

- Send home the attached Nutrition News February Newsletter (English/Spanish) with tips for heart healthy Valentine’s Day foods
- Use the Heart Healthy Valentine’s Day handout to plan a ‘heart healthy’ party:
  
  **Step 1:** Brainstorm a list of “healthy heart” snacks with students. Create a party shopping list.
  
  **Step 2:** Send a note home to parents, requesting specific recipe ingredients – see sample letter: Heart Healthy Valentine’s Day Sample Letter.
  
  **Step 3:** Teach a lesson from the SFUSD adopted physical education or health curricula.
  
  **Step 4:** Teach students to find their pulse at rest and then after exercising.

WHY: According to the FITNESSGRAM data (2011-12) 21.6% of SFUSD 5th grade students, 32.9% of 7th grade students and 33.9% of 9th grade students are physically fit—meeting 6 of 6 physical fitness standards. For more information, visit http://www.healthiersf.org/Nutrition/Facts/4fitnessgram.php.

WHEN: Week of February 11, 2013

For more information about the Nutrition Education Project, visit www.healthiersf.org and CLICK on the icon.