



A P R I L 2 0 1 7

# SFE Newsletter

## Putting Child Nutrition First

### This Month Walk for your Heart!



Walking is one of the most effective forms of exercise to achieve heart health. It doesn't not require any special skills as it is safe, free, & requires no equipment. So let's get out there and start walking with the help of these tips!



1.) Find a Sole-mate: Have friend or family member by your side when you walk. It's a great way to exercise and spend time with them!

2.) It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks.

3.) Always look right and left again before crossing the street and continue looking until you are safely across.

### TRY THIS RECIPE!

**Fruity Ants on a Log Recipe:**

**Yields 4 servings**

**Ingredients:** 4 celery stalks,  
1/4 cup peanut butter, 1 tbsp honey  
2 tbsp raisins



**Directions:** In a bowl, add the peanut butter and the honey (or maple syrup) and mix well. With a small spoon, fill the center of each stalk of celery with the peanut butter mixture. Divide with raisins and serve immediately or keep in the refrigerator until ready to serve.



Earth day is Here, Let's Eat Green Vegetables such as Celery!

You can find celery on your school's fresh salad bar daily! Here are some great benefits celery offers for your health:

- Aids in digestion
- Keeps your eyes protected
- Lowers blood pressure
- Wards off Cancers
- Lowers Stress