Monday Tuesday Wednesday Thursday Friday Saturday Sunday

February 2025 Wellness Menu



40 years of meals with love

1-Feb	2-Feb
WELLNESS	WELLNESS
Pork, White Bean & Artichoke Stew Brown Rice Carrots	Garlic & Ginger Chicken Breast Sweet & Sour Sauce Veggie Fried Brown Rice
VEGETARIAN	VEGETARIAN
Southwest Tofu	Tempeh Veg & Bean Chili
Cajun Tofu w/ Red Beans Brown Rice Carrots	Quinoa Brown Rice Herbed Corn & Edamame
BLAND	BLAND
Pork Rosemary Stew	Chicken Eggplant Stew
Orzo Pilaf 'Shrm	Orzo
Capri Mixed Vegetables	Green Beans
ESR	ESR
Pork & Artichoke Stew	Garlic & Herb Chicken Breast
Brown Rice	Sweet & Sour Sauce
Carrots	Quinoa Brown Rice
	Herbed Corn & Edamame
СКЗ	СКЗ
Cajun Tofu w/ Red Beans	Chicken Eggplant Stew
Quinoa, Edamane & Greens	Orzo
Succotash	Succotash

3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Chili Colorado Brown Rice	Chicken Thigh Salsa Verde	Pork & White bean Chili Quinoa. Edamame & Greens	Baked Salmon Tuscan Spinach & Lemon Sauce	Turkey Meatloaf Eggplant Mushroom Sauce	Chicken Pomodoro Stew Polenta w/ Butternut Squash	Garlic & Herb Chicken Breast Creamy Basil Sauce
Broccoli & Cauliflower	Brown Rice	Roasted Sweet Potatoes	Quinoa Brown Rice	Herbed Bulgar	Peas & Carrots	Barley w/ Mushrooms
	Roasted Sweet Potatoes		Broccoli	Peas & Carrots		Roasted Sweet Potatoes
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Rustic Lentil Tofu Bolognese	Roasted Savory Tempeh	Southwest Tempeh	Tofu & Vegetable Egg Foo Young	Tempeh Cauli Chickpea Patty	Tofu & Mushroom Adobo	Split Pea&Cauliflower Patty
Whole Wheat Rotini Garden Mixed Vegetables	White Bean & Vegetable Stew Brown Rice	Quinoa, Edamame & Greens Creamy Root Veg Chickpea Hash	Ginger & Orange Sauce Whole Wheat Rotini	Eggplant Mushroom Sauce Herbed Bulgar	Brown Rice Garden Mixed Vegetables	Creamy Basil Sauce Barley w/ Mushrooms
Garden Wixed Vegetables	Peas and Carrots	oreally root veg emorpea riasii	Broccoli	Peas & Carrots	Carden wince vegetables	Capri Mixed Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef & MushroomStroganoff	Roasted Chicken Breast	Pork Tempeh Squash Stew	Turkey Patty	Turkey Lasagna	Yogurt Herb Chicken Breast	Roasted Chicken Breast
White Macaroni	Basil Pesto Sauce	White Rice w/ Herbs	Lite Alfredo Sauce	Basil Pesto Sauce	Butternut Squash Puree w/Veg	Parsnip & Carrot Sauce
Green Beans	White Rice	Green Beans	White Macaroni	Capri Mixed Vegetables	White Macaroni	White Rice w/ Herbs
	Roasted Sweet Potatoes		Capri Mixed Vegetables			Zucchini
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Chili Colorado	Roasted Chicken Breast	Pork Tempeh & Squash Stew	Baked Salmon	Turkey Lasagna	Chicken Pomodoro Stew	Garlic & Herb Chicken Breast
Brown Rice	Tomatillo Cream Sauce	White Rice w/ Herbs	Lite Alfredo Sauce	Herb Sauce	Polenta w/ Butternut Squash	Creamy Basil Sauce
Broccoli & Cauliflower	White Rice Peas & Carrots	Green Beans	White Macaroni Capri Mixed Vegetables	Zucchini	Garden Mixed Vegetables	Barley w/ Mushrooms Capri Mixed Vegetables
СКЗ	СК3	СКЗ	СКЗ	СКЗ	СКЗ	СК3
Beef & Mushroom Stroganoff	Turkey Patty	Pork Chile	Salmon Fish Cake	Tempeh Cauli Chickpea Patty	Tofu & Mushroom Adobo	Split Pea & Cauliflower Patty
White Macaroni	Tomatillo Cream Sauce	White Rice	Ginger & Orange Sauce	Eggplant Mushroom Sauce	Brown Rice	Creamy Basil Sauce
Garden Mixed Vegetables	White Rice	Peas & Carrots	White Rice	Herbed Bulgar	Garden Mixed Vegetables	Barley w/ Mushrooms
	Roasted Sweet Potatoes		Broccoli			Capri Mixed Vegetables

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10-Feb WELLNESS	11-Feb WELLNESS	12-Feb WELLNESS	13-Feb	14-Feb	15-Feb WELLNESS	16-Feb WELLNESS
			WELLNESS	WELLNESS		
Beef Stroganoff	Rosemary Chicken Thigh	Pork & Black Bean Mole	Baked Salmon	Turkey Tetrazzini	Chicken Fajita Stew	Garlic & Herb Chicken Breast
Whole Wheat Rotini	Quinoa, Edamame & Greens	Quinoa	Orange Tofu & Edamame	Whole Wheat Rotini	Brown Rice	Paprikash Sauce
Broccoli	White Bean & Spinach Ragout	Broccoli	Brown Rice	Broccoli	Carrots	Quinoa Brown Rice
			Brussel Sprouts			Brussel Sprouts
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tofu Stroganoff	Balsamic Portobello Mushroom	Roasted Baharat Tofu	Orange Tofu & Edamame	Vegetable Ranchero Stew	Tempeh Cauli Chickpea Patty	Tofu Sweet Potato Creole Hash
Whole Wheat Rotini	White Bean & Spinach Ragout	Red Bean & Veg Masala	Brown Rice	Brown Rice	Pumpkin Puree w/ Veg	Paprikash Sauce
Broccoli	Quinoa. Edamame & Greens	Quinoa	Brussel Sprouts	Broccoli	Whole Wheat Rotini	Whole Wheat Rotini
2.0000.11	Peas	Broccoli	Bradder oproate	Dioceon .	Peas & Carrots	Garden Mixed Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Fricassee w/Tofu	Roasted Chicken Breast	Pork Potato & Herb Stew	Baked Salmon	Turkey Tofu & Veg Frittata	Yogurt Herb Chicken Breast	Chicken Stew
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Orzo	Roasted Carrot Ricotta Herb Sauce	White Rice	Creamy Dill Sauce	Orzo & Herb Pilaf	w/Veg	White Rice w/ Herbs
Carrots & Green Beans	Orzo & Herb Pilaf Zucchini	Roasted Sweet Potatoes	White Macaroni Capri Mixed Vegetables	Green Beans	White Macaroni	Green Beans
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Stroganoff	Yogurt Herb Chicken Thigh	Pork & Black Bean Mole	Baked Salmon	Turkey Tetrazzini	Chicken Fajita Stew	Garlic & Herb Chicken Breast
White Macaroni	Roasted Carrot Ricotta Herb Sauce	Quinoa	Creamy Dill Sauce	White Macaroni	Brown Rice	Paprikash Sauce
Broccoli	Orzo	Broccoli	White Macaroni	Broccoli	Carrots	Whole Wheat Rotini
	Carrots & Green Beans		Capri Mixed Vegetables			Garden Mixed Vegetables
СКЗ	СКЗ	СКЗ	CK3	СКЗ	СКЗ	CK3
Tofu Stroganoff	Balsamic Portobello Mushroom	Pork & Black Bean Mole	Salmon Fish Cake	Vegetable Ranchero Stew	Tempeh Cauli Chickpea Patty	Chicken Stew
White Macaroni	White Bean & Spinach Ragout	White Rice	Creamy Dill Sauce	Brown Rice	Pumpkin Puree w/ Veg	White Rice w/ Herbs
Broccoli	Orzo	Broccoli	Brown Rice	Broccoli	White Rice	Green Beans
	Carrots & Green Beans		Garden Mixed Vegetables			
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17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
17-Feb WELLNESS	18-Feb WELLNESS	19-Feb WELLNESS	20-Feb WELLNESS	21-Feb WELLNESS	22-Feb WELLNESS	23-Feb WELLNESS
						18.
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
WELLNESS Beef & Barley Stew	WELLNESS Mustard Glazed Chicken Thigh	WELLNESS Chicken, Broccoli & Cheddar	WELLNESS Cod Filet	WELLNESS Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice	WELLNESS Pork & Barley Stew	WELLNESS Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini
WELLNESS Beef & Barley Stew Roasted Sweet Potatoes	WELLNESS Mustard Glazed Chicken Thigh Brown Rice Veggie Ragout	WELLNESS Chicken, Broccoli & Cheddar Whole Wheat Rotini	WELLNESS Cod Filet Macanese Curry Quinoa Brown Rice	WELLNESS Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mixed Vegetables	WELLNESS Pork & Barley Stew Roasted Sweet Potatoes	WELLNESS Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables
WELLNESS Beef & Barley Stew	WELLNESS Mustard Glazed Chicken Thigh Brown Rice	WELLNESS Chicken, Broccoli & Cheddar	WELLNESS Cod Filet Macanese Curry	WELLNESS Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice	WELLNESS Pork & Barley Stew	WELLNESS Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini
WELLNESS Beef & Barley Stew Roasted Sweet Potatoes VEGETARIAN	WELLNESS Mustard Glazed Chicken Thigh Brown Rice Veggie Ragout	WELLNESS Chicken, Broccoli & Cheddar Whole Wheat Rotini	WELLNESS Cod Filet Macanese Curry Quinoa Brown Rice	WELLNESS Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mixed Vegetables	WELLNESS Pork & Barley Stew Roasted Sweet Potatoes	WELLNESS Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables VEGETARIAN
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WELLNESS Beef & Barley Stew Roasted Sweet Potatoes VEGETARIAN Barley Red Bean Burger Parsley Cilantro Sauce Brown Rice	WELLNESS Mustard Glazed Chicken Thigh Brown Rice Veggie Ragout VEGETARIAN Whole Wheat Lasagna Vegetable Medley	WELLNESS Chicken, Broccoli & Cheddar Whole Wheat Rotini VEGETARIAN Roasted Tofu Baharat Green Herb Tahini Whole Wheat Rotini	WELLNESS Cod Filet Macanese Curry Quinoa Brown Rice VEGETARIAN Curried Tofu	WELLNESS Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mixed Vegetables VEGETARIAN Black Bean Chili Patty Red Mole Sauce Brown Rice	WELLNESS Pork & Barley Stew Roasted Sweet Potatoes VEGETARIAN Enchilada Casserole Tofu Black Bean	WELLNESS Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables VEGETARIAN Balsamic Portobello Mushroor Lentil-Tempeh Sloppy Joe Whole Wheat Rotini
WELLNESS Beef & Barley Stew Roasted Sweet Potatoes VEGETARIAN Barley Red Bean Burger Parsley Cilantro Sauce	WELLNESS Mustard Glazed Chicken Thigh Brown Rice Veggie Ragout VEGETARIAN Whole Wheat Lasagna Vegetable Medley Veggie Ragout	WELLNESS Chicken, Broccoli & Cheddar Whole Wheat Rotini VEGETARIAN Roasted Tofu Baharat Green Herb Tahini	WELLNESS Cod Filet Macanese Curry Quinoa Brown Rice VEGETARIAN Curried Tofu Macanese Curry	WELLNESS Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mixed Vegetables VEGETARIAN Black Bean Chili Patty Red Mole Sauce	WELLNESS Pork & Barley Stew Roasted Sweet Potatoes VEGETARIAN Enchilada Casserole Tofu Black Bean Enchilada Sauce	WELLNESS Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables VEGETARIAN Balsamic Portobello Mushroot Lentil-Tempeh Sloppy Joe
WELLNESS Beef & Barley Stew Roasted Sweet Potatoes VEGETARIAN Barley Red Bean Burger Parsley Cilantro Sauce Brown Rice Broccoli BLAND	WELLNESS Mustard Glazed Chicken Thigh Brown Rice Veggie Ragout VEGETARIAN Whole Wheat Lasagna Vegetable Medley Veggie Ragout Peas BLAND	WELLNESS Chicken, Broccoli & Cheddar Whole Wheat Rotini VEGETARIAN Roasted Tofu Baharat Green Herb Tahini Whole Wheat Rotini Veg & Kidney Bean Sauté BLAND	WELLNESS Cod Filet Macanese Curry Quinoa Brown Rice VEGETARIAN Curried Tofu Macanese Curry Herbed Bulgar BLAND	WELLNESS Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mixed Vegetables VEGETARIAN Black Bean Chili Patty Red Mole Sauce Brown Rice Garden Mixed Vegetables BLAND	WELLNESS Pork & Barley Stew Roasted Sweet Potatoes VEGETARIAN Enchilada Casserole Tofu Black Bean Enchilada Sauce Peas & Carrots BLAND	WELLNESS Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables VEGETARIAN Balsamic Portobello Mushroot Lentil-Tempeh Sloppy Joe Whole Wheat Rotini Root Vegetables BLAND
WELLNESS Beef & Barley Stew Roasted Sweet Potatoes VEGETARIAN Barley Red Bean Burger Parsley Cilantro Sauce Brown Rice Broccoli BLAND Beef Rosemary Potato Stew	WELLNESS Mustard Glazed Chicken Thigh Brown Rice Veggie Ragout VEGETARIAN Whole Wheat Lasagna Vegetable Medley Veggie Ragout Peas BLAND Tuna & Vegetable Frittata	WELLNESS Chicken, Broccoli & Cheddar Whole Wheat Rotini VEGETARIAN Roasted Tofu Baharat Green Herb Tahini Whole Wheat Rotini Veg & Kidney Bean Sauté BLAND Turkey Stuffed Mushroom	WELLNESS Cod Filet Macanese Curry Quinoa Brown Rice VEGETARIAN Curried Tofu Macanese Curry Herbed Bulgar BLAND Cod Filet	WELLNESS Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mixed Vegetables VEGETARIAN Black Bean Chili Patty Red Mole Sauce Brown Rice Garden Mixed Vegetables BLAND Turkey & Eggplant Torta	WELLNESS Pork & Barley Stew Roasted Sweet Potatoes VEGETARIAN Enchilada Casserole Tofu Black Bean Enchilada Sauce Peas & Carrots BLAND Pork Stew w/ Raisins	WELLNESS Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables VEGETARIAN Balsamic Portobello Mushroot Lentil-Tempeh Sloppy Joe Whole Wheat Rotini Root Vegetables BLAND Roasted Chicken Breast
WELLNESS Beef & Barley Stew Roasted Sweet Potatoes VEGETARIAN Barley Red Bean Burger Parsley Cilantro Sauce Brown Rice Broccoli BLAND Beef Rosemary Potato Stew Orzo	WELLNESS Mustard Glazed Chicken Thigh Brown Rice Veggie Ragout VEGETARIAN Whole Wheat Lasagna Vegetable Medley Veggie Ragout Peas BLAND Tuna & Vegetable Frittata White Macaroni	WELLNESS Chicken, Broccoli & Cheddar Whole Wheat Rotini VEGETARIAN Roasted Tofu Baharat Green Herb Tahini Whole Wheat Rotini Veg & Kidney Bean Sauté BLAND Turkey Stuffed Mushroom Bechamel Sauce	WELLNESS Cod Filet Macanese Curry Quinoa Brown Rice VEGETARIAN Curried Tofu Macanese Curry Herbed Bulgar BLAND Cod Filet Tofu Stew	WELLNESS Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mixed Vegetables VEGETARIAN Black Bean Chili Patty Red Mole Sauce Brown Rice Garden Mixed Vegetables BLAND Turkey & Eggplant Torta White Rice w/ Herbs	WELLNESS Pork & Barley Stew Roasted Sweet Potatoes VEGETARIAN Enchilada Casserole Tofu Black Bean Enchilada Sauce Peas & Carrots BLAND Pork Stew w/ Raisins White Rice Pilaf	WELLNESS Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables VEGETARIAN Balsamic Portobello Mushroor Lentil-Tempeh Sloppy Joe Whole Wheat Rotini Root Vegetables BLAND Roasted Chicken Breast Lite Alfredo Sauce
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WELLNESS Beef & Barley Stew Roasted Sweet Potatoes VEGETARIAN Barley Red Bean Burger Parsley Cilantro Sauce Brown Rice Broccoli BLAND Beef Rosemary Potato Stew Orzo Garden Mixed Vegetables ESR Peef Rosemary Potato Stew White Rice Peas & Carrots	WELLNESS Mustard Glazed Chicken Thigh Brown Rice Veggie Ragout VEGETARIAN Whole Wheat Lasagna Vegetable Medley Veggie Ragout Peas BLAND Tuna & Vegetable Frittata White Macaroni Green Beans ESR Mustard Glazed Chicken Thigh Veggie Ragout Brown Rice	WELLNESS Chicken, Broccoli & Cheddar Whole Wheat Rotini VEGETARIAN Roasted Tofu Baharat Green Herb Tahini Whole Wheat Rotini Veg & Kidney Bean Sauté BLAND Turkey Stuffed Mushroom Bechamel Sauce Orzo & Herb Pilaf Capri Mixed Vegetables ESR Chicken, Broccoli & Cheddar Whole Wheat Rotini	WELLNESS Cod Filet Macanese Curry Quinoa Brown Rice VEGETARIAN Curried Tofu Macanese Curry Herbed Bulgar BLAND Cod Filet Tofu Stew Macaroni Zucchini ESR Cod Filet Tofu Stew White Macaroni	WELLNESS Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mixed Vegetables VEGETARIAN Black Bean Chili Patty Red Mole Sauce Brown Rice Garden Mixed Vegetables BLAND Turkey & Eggplant Torta White Rice w/ Herbs Zucchini ESR Chipotle Beef & Turkey Meatloaf Red Mole Sauce White Rice Garden Mixed Vegetables	WELLNESS Pork & Barley Stew Roasted Sweet Potatoes VEGETARIAN Enchilada Casserole Tofu Black Bean Enchilada Sauce Peas & Carrots BLAND Pork Stew w/ Raisins White Rice Pilaf Capri Mixed Vegetables ESR Pork & Barley Stew Peas & Carrots	WELLNESS Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables VEGETARIAN Balsamic Portobello Mushroo Lentil-Tempeh Sloppy Joe Whole Wheat Rotini Root Vegetables BLAND Roasted Chicken Breast Lite Alfredo Sauce White Macaroni Butternut Squash ESR Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables
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24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Birria	Roasted Chicken Thigh	Pork & Chickpea Stew	Garlic Herb Salmon	Turkey Patty
Brown Rice	Brown Rice	Quinoa Brown Rice	Whole Wheat Rotini	Green Curry Sauce
Carrots	Chipotle Chili Gravy	Cauliflower	Artichoke Spinach Ragout	Quinoa Brown Rice
	Succotash			Carrots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tempeh Picadillo	Black Bean Chili Patty	Southwest Tofu	Blackened Tempeh Sticks	Whole Wheat Lasagna Tofu Mushroom & Veg
Cilantro Pumpkin Seed Jalapeno Sauce	Chipotle Chili Gravy	Quinoa Brown Rice	Whole Wheat Rotini	Marinara Sauce
Brown Rice	Brown Rice	Three Bean & Corn Hash	Articnoke Spinach & Lomato Ragout	Carrots
Green Beans	Succotash			
BLAND	BLAND	BLAND	BLAND	BLAND
Beef Tofu Hash	Roasted Chicken Breast	Continental Pork Stew	Baked Salmon	Turkey 'Shrm Ragu
White Rice w/ Herbs	Parsnip & Carrot Sauce	White Rice w/ Herbs	Tofu Fricassee	Orzo
Green Beans	Orzo & Herb Pilaf	Carrots	Orzo	Capri Mixed Vegetables
	Zucchini			
ESR	ESR	ESR	ESR	ESR
Beef Tofu Hash	Roasted Chicken Breast	Pork & Chickpea Stew	Garlic Herb Salmon	White Turkey 'Shrm Ragu
Cilantro Pumpkin Seed Jalapeno Sauce	Chipotle Chili Gravy	Quinoa Brown Rice	Tofu Fricassee	Quinoa Brown Rice
White Rice w/ Herbs Green Beans	Brown Rice Succotash	Cauliflower	Whole Wheat Rotini	Capri Mixed Vegetables
CK3	CK3	СКЗ	СКЗ	СКЗ
Beef Birria	Black Bean Chili Patty	Southwest Tofu	Salmon Fish Cake	Whole Wheat Lasagna Tofu Mushroom & Veg
Brown Rice	Chipotle Chili Gravy	Tomatillo Cream Sauce	Artichoke Spinach & Tomato Ragout	Marinara Sauce
Green Beans	Succotash	White Rice w/Herbs Cauliflower	Whole Wheat Rotini	Zucchini

PROJECT OPEN HAND

Love Your Heart: A Year-Round Committment to Health

Cecelia Cruz, Registered Dietitian at Project Open Hand

Did you know that heart disease is the leading cause of death for men and women in the United States? Some risk factors include high blood pressure, high cholesterol, smoking and diabetes. Small changes in your daily habits can help protect your heart and improve your overall health.

Try these heart-friendly choices:

- Oats are rich in soluble fiber, which helps reduce LDL cholesterol, a major contributor to heart disease.
- Salmon is packed with omega-3 fatty acids, which reduce inflammation and helps lower triglycerides.
- **Fruits and Veggies** are high in vitamins, minerals, and antioxidants that support healthy blood pressure and protect against damage to heart cells.
- **Nuts** are a heart-healthy option providing protein, unsaturated fats and fiber.
- **Drink Water**! Water helps maintain the right thickness of your blood, making it easier for your heart to pump. It also supports healthy blood pressure and helps flush out excess sodium that can strain your heart.

Move Your Body! Being active keeps your heart pumping strong. You don't have to run a marathon — try a walk around the block or dancing in your living room for 10-15 minutes a day. Every little bit helps!

Quick Tips for February:

Check food labels for **sodium**. **Look for foods with less than 140 mg of sodium per serving.** For example, if you're choosing canned soup, look for one labeled "low sodium" or check the label to make sure the sodium is 140 mg or less.

Use less butter when cooking. Small changes add up!



40 years of meals with love

Please note: Some medical conditions may require you to follow a fluid restriction.

If you are not sure whether you should be following a restriction, please talk to your medical provider.