



Notes from the Nurse

Feb. 2019

Nutrition Nugget

Trail Mix is a great snack for a quick boost of energy. Most trail mixes are loaded with nuts which are packed with heart healthy fats. It's a quick and easy snack to grab and eat on the go. Most trail mixes contain a mix of sweet, crunchy, fruits, nuts/seeds, and a special mix in. It's easy to make your own creation and customize to your taste and get in even more antioxidants, fiber, and nutrients. While the ingredients are good for you, they are also high in calories so be mindful of portions!

Recipe:

Valentine's Day Superfood Trail Mix

Ingredients:	Directions:
<p>1/4 cup dried cranberries or cherries 1/2 cup dried Goji berries 1/2 cup Mulberries 1/3 cup almonds 1/3 cup cashews 1/4 cup dark chocolate</p>	<p>Add all ingredients to a large bowl and mix thoroughly.</p>



Reminders

Please remember to wash your child's coat regularly, especially for younger children that still have outside recess during the winter months; they can get very dirty quickly!

