

February Newsletter



TIPS FOR GROCERY ON A BUDGET

Make a grocery list so that you know exactly what you need to get (not more)!

Did you know
plain popcorn is a great snack and it is full of fibers. Add some fresh herbs, spices or parmesan on it to make it tastier (ex. Paprika, Italian herbs, chili powder, cumin etc)!

FEBRUARY FOOD HOLIDAYS

February 3rd
National carrot cake day

February 4th
National homemade soup day

February 7th
National fettuccine alfredo day

February 9th
International pizza day

TIPS TO BE MORE ACTIVE



Make sure you do a physical activity that you enjoy and focus on how you feel after!

LOCAL FOOD OF THE MONTH

BEET

PREPARATION

Can be eaten raw or cooked. It is very versatile and can accompany any dish.

DISPONIBILITY

July to May



NUTRITIONAL VALUES

1 cup (boiled)

Vitamin B9 72 mcg (33 % DV)

Manganese 0,29 mg (15 % DV)

Potassium 274 mg (8 % DV)

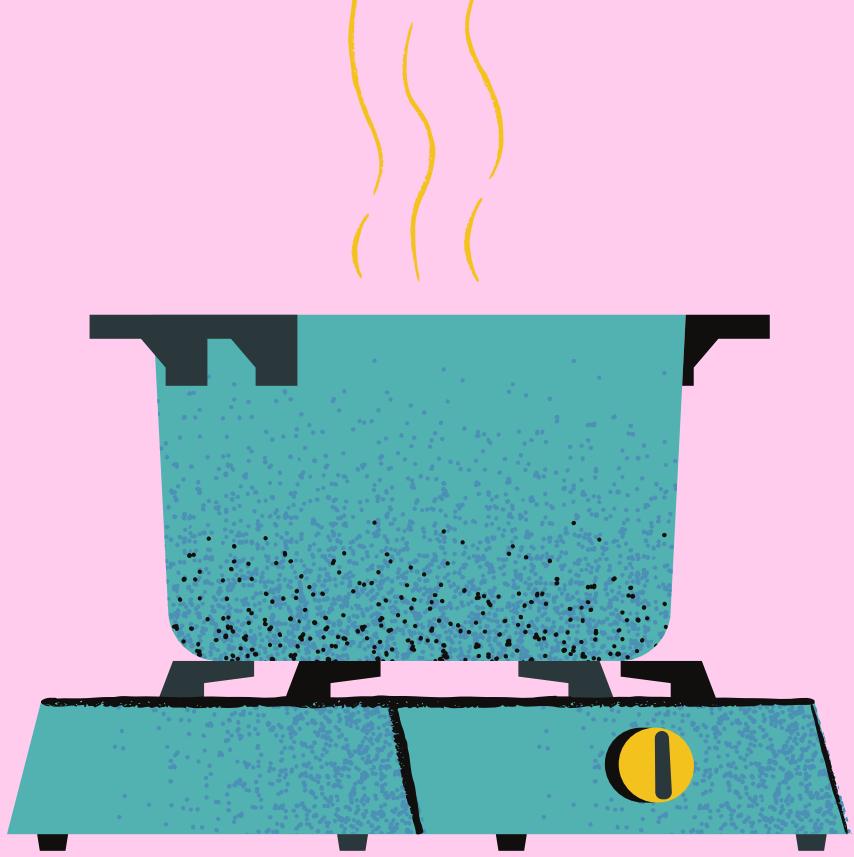
Magnesium 21 g (8 % DV)

Lester B. Pearson
School Board



Commission scolaire
Lester-B.-Pearson





Beet recipes



Beet hummus

Avocado beet and chicken tostadas

Avocado and beet wrap

Beet and barley salad

Beet gnocchi

Feel the beet smoothie

Candied beets

Beet sorbet

Beet cake

Click on the
name to get
to the recipe



Carrot cake day recipes



[Honey and carrots small cakes](#)

[Carrot cake oatmeal](#)

[Carrot and almond cake](#)

[Carrot cake granola bars](#)

Homemade soup day recipes

[Niçoise soup](#)

[Taco soup](#)

[Tofu vegetable soup](#)

[Brocoli, kale and lentil soup](#)



Fettuccine alfredo day recipes



[Chicken fettuccine alfredo](#)

[Vegan fettuccine alfredo](#)

[Squash alfredo](#)

[Garlic shrimp bacon alfredo](#)

Click on the name to get to the recipe

Pizza day recipes

[Ratatouille and sausage pizza](#)

[Pizza cups](#)

[Mini pizza sandwiches](#)

[Funny face pizza](#)

