



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

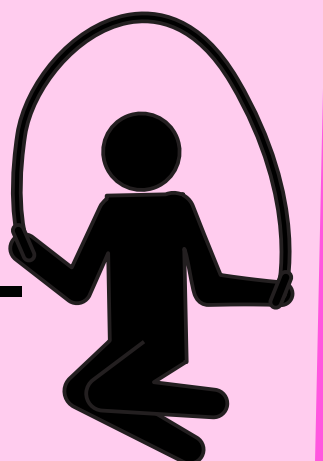
February 3rd
National carrot cake day

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

BEEET

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)

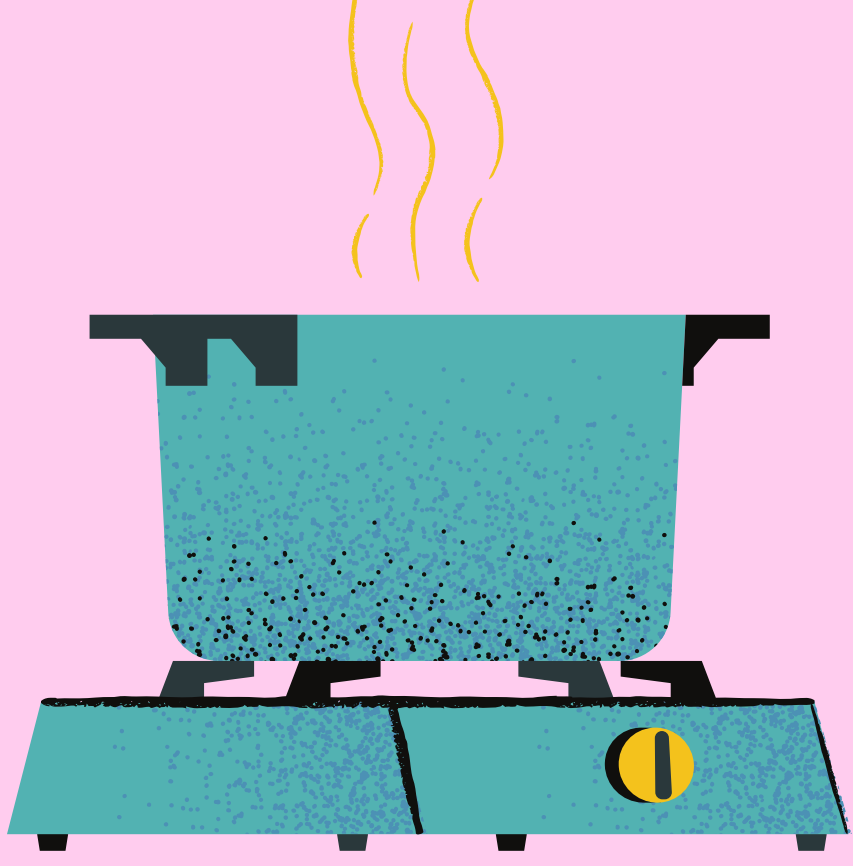
Magnesium 21 g (8% DV)

Lester B. Pearson
School Board



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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

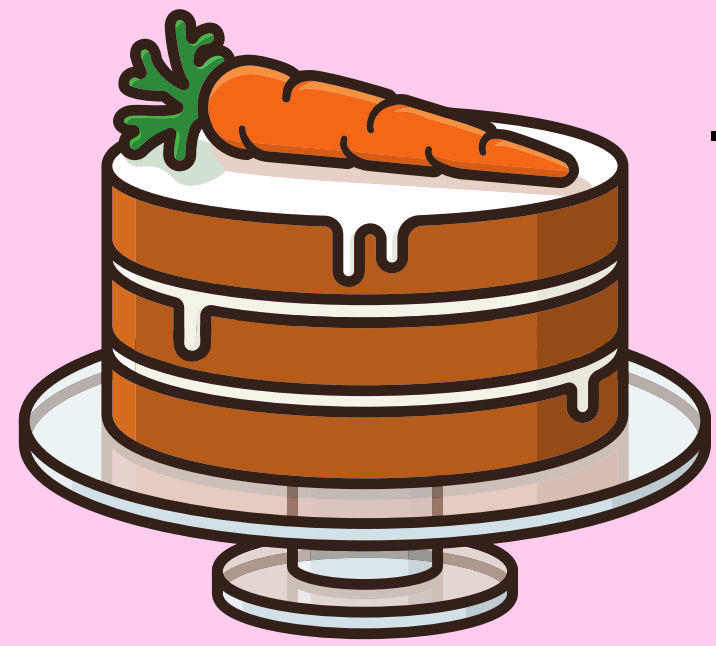
Beet sorbet

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

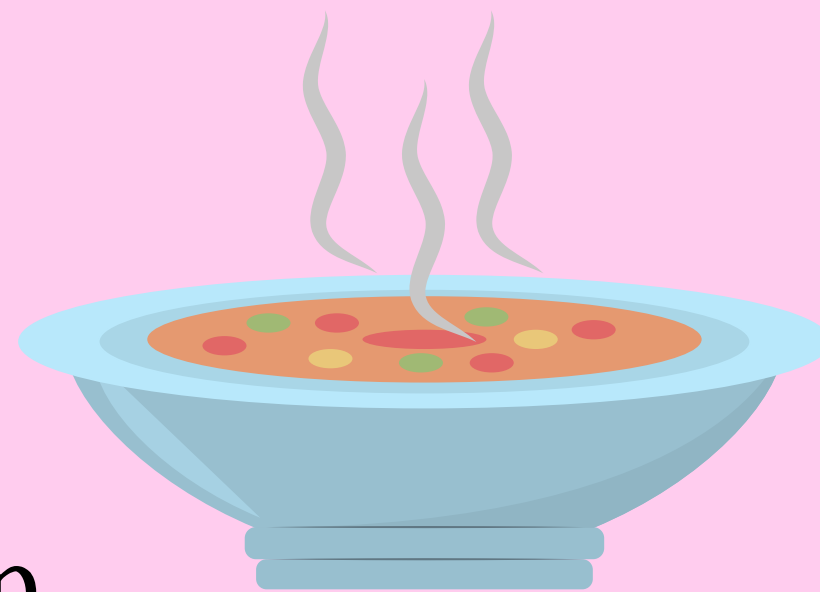
Homemade soup day recipes

Niçoise soup

Taco soup

Tofu vegetable soup

Brocoli, kale and lentil soup



Fettuccine alfredo day recipes

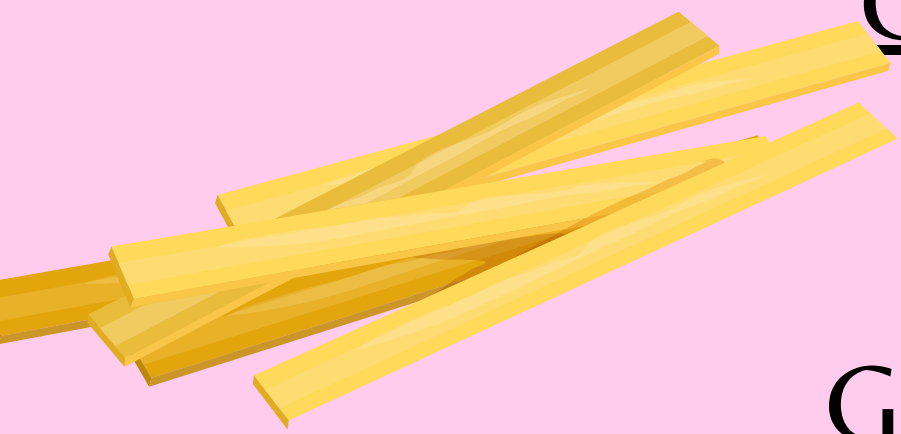
Chicken fettuccine alfredo

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



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