

Food for Thought

February 2025

Valentine's Day: Love for Your Health & Heart

February is a month where people celebrate Valentine's Day and the love they have for others. The whole family can get in on the fun of loving others, their heart, and their health. Here are some ideas for celebrating with those you love:



- ♥ **Plan a red food themed meal** that the whole family can prepare together! Each person can take the lead on part of the meal.
- ♥ **Choose red, white, & pink foods:**
 - Red peppers
 - Strawberries and raspberries
 - Red grapes
 - Tomatoes
 - Beets
 - Watermelon
 - Dried cranberries or cherries
 - And more...
- ♥ **Create heart-shaped toast, pancakes or English muffins** with cookie cutters or a knife. Top with peanut butter and red jam or jelly. For sandwiches cut your cheese and meats into heart shapes.
- ♥ **Shape pizza or bread dough into a heart.** Spread with your favorite tomato pizza sauce and then add toppings of your choice. Or make it a dessert pizza with colorful berries on top.
- ♥ **Make a festive parfait** with red fruit (raspberries, watermelon, red apples, etc.) sprinkled with granola or your favorite cereal on top of low-fat yogurt.
- ♥ **Make Valentine's Day skewers** by cutting up fruits like watermelon, strawberries, blood oranges, red apples, dragon fruit, raspberries, and bananas into bite-size pieces, then use them to make pretty patterns on a skewer or popsicle stick. Serve with pink strawberry (or other fruit flavored), low-fat yogurt to dip your fruit kebabs in.
- ♥ **Get your heart pumping by moving your body!**
 - Let each person in your family pick their favorite song and have a dance party after dinner. Have everyone teach each other their favorite dance moves.
 - Have a heart scavenger hunt: hide paper hearts around the house and see who can find the most.
- ♥ **Share the love.** Make Valentine's Day cards for your local nursing home or military service members. Video call a far-away relative to wish them a happy Valentine's Day. Get creative and see how you can spread kindness!



Berry Good Pizza

100% whole wheat pizza crust or 12-ounce can of refrigerated pizza dough
1/4 cup apple butter
6 large strawberries, washed and sliced
1/2 cup blueberries
Cinnamon (optional)



1. Wash hands with soap and water.
2. Preheat the oven to 350°F.
3. If using dough, roll out pizza dough to desired size and thickness.
4. Place crust on a baking sheet.
5. Spread the apple butter over the crust.
6. Arrange the strawberries and blueberries on the crust.
7. Sprinkle the top with cinnamon if desired.
8. Bake on the center rack for about 15 minutes or until the crust is brown and crisp.
9. Serve with a glass of low-fat milk or yogurt.

Strawberry Chocolate Chip Ladybugs

5 fresh, large whole strawberries
30 semi-sweet dark chocolate chips



1. Wash hands with soap and water.
2. Cut the tops off the strawberries and cut them in half lengthwise.
3. With your fingers, gently push three chocolate chips into each half to create the ladybug's spots.

Eat Smart Idaho offers FREE classes & educational events that can help limited resource individuals & families learn how to eat well for less! Ask for Eat Smart Idaho in your County.

Panhandle: Benewah, Bonner, Boundary, Kootenai &
Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah, Lewis, &
Nez Perce Counties 208-883-2267



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD
Phone: 208-292-2525
E-mail – kalig@uidaho.edu

Web: www.eatsmartidaho.org

Sources: Fun Valentine's Activities | University of Maryland Extension; See RED on Valentine's Day | UNL Food | Nebraska;
<https://www.eatright.org/recipes/snacks-and-sides/strawberry-chocolate-chip-ladybugs-recipe> retrieved 02/03/25

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.