

February

Bake for Family Fun Month

Baking is a great way to connect with children and grandchildren. Baking can help teach them about proprieties of food and improve their fine motor skills.

One activity that grandparents can do with their grandchildren is baking cookies. Allowing the children to crack the eggs and whisk the batter will help them develop motor skills and general cooking skills.

Depending on the child's age you can also incorporate counting by asking the child to place a certain number of chocolate chips or another ingredient in each cookie. This is a fun and interactive way to integrate learning, while passing down your recipes to the younger generation.



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Photographer: Mikali

Weekly **Challenge:**

Bake with a child
this week.

National Almond Day

February 16th

Packed with protein and full of fiber, vitamin E, magnesium, manganese, copper, phosphorus, calcium and riboflavin, almonds are a delicious treat that you can add to your diet! Almonds are full of unsaturated fats, so they help lower bad cholesterol levels. They are an easy snack that you can grab on the go or use them as a crunchy topping for your salad. You can even enjoy almonds in many different forms like almond milk, paste, butter, or oil!



Source: Pixabay.com

1 Serving is:

- ✓ 1 oz. = 23 almonds or about 1 handful
- ✓ 164 calories
- ✓ 7 mg of Vitamin E ~About half your daily needs
- ✓ 14 g unsaturated fat

Weekly Challenge:

Celebrate National Almond Day by trying almond butter or using almond milk in a delicious smoothie or on cereal.

February

Whole Grain of the Month: Barley

February is a month focused on the heart. When we think of February we think of romantic gestures. However, February is also Heart Health Month, this makes barley the perfect match.

Studies show that barley plays a vital role in heart health. It helps reduce blood pressure, lower LDL cholesterol levels, lower heart disease risk and may play a role in controlling blood sugar. Barley has the highest fiber rate out of all the whole grains. Common varieties contain 17% fiber, compared to 3.5% in brown rice and 7% in corn. Barley can be used in a variety of dishes from stir-fry to bread. This month give some love to your heart health and try barley!

Weekly Challenge:

Try a new recipe that uses barley.



Pixabay.com Photographer:
Christo Anestev

World Pistachio Day

February 26th

Pistachios are full of more than 30 different nutrients! Including:

- **Protein** → for building and maintaining muscle. One cup of pistachios has 25 grams of protein.
- **Omega-3's and Omega-6's** → which helps reduce cardiovascular disease risk factors.
- **Fiber** → for optimal digestive health. 1 cup of pistachios provides 13 grams of fiber.

The fiber recommendation for males ages 51+ is 30 grams per day and for females ages 51+ is 21 grams per day.



Weekly Challenge:

Celebrate by having a handful of pistachios or add pistachios to your pasta sauce or baked goods!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students
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