

Take a NOURISH Step!

Heart to Heart: Nurturing Relationship Wellness During Heart Month

February isn't just Heart Month; it's also Relationship Wellness Month, making it the perfect time to focus on how nutrition can strengthen your heart and relationships. Sharing heart-healthy meals with others encourages meaningful social connections while promoting physical health. Eating or cooking together or planning nutritious meals can become a fun, bonding activity that supports emotional and cardiovascular well-being. By prioritizing wholesome ingredients like fruits, vegetables, and whole grains, you nurture your relationships and your heart at the same time—building a foundation for long-term health and happiness.

Start with one or two changes, and build from there. Your heart will thank you!

February Featured Foods

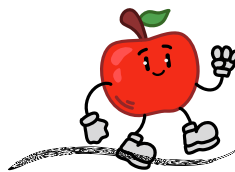
February is Cherry & Barley Month. Medjool Date  Day is Feb. 4th.

Check out page 2 for Hydration Tips featuring **Tart Cherry Juice**.

Celebrate Medjool Date Day with *Date Brownies!* Recipe on p.2. No added sugar, moist & simple!

Barley is rich in soluble fiber that can Lower LDL cholesterol (bad cholesterol). Rich in potassium & magnesium that control blood pressure. Visit <https://foodhero.org/recipes/recipe-categories/barley>

Heart Health NOURISH Steps Tips.



Eat a handful of walnuts daily. Great in soup, on salad, or on their own. (Omega-3s & Protein)

Add 1 to 2 additional servings of Fruits or Veggies per day. (Fiber & Nutrient Rich)

Season w/ herbs or Seasoned Pepper instead of salt. (Sodium Awareness)

February FUN Days!

2-1: GI Joe Day
Share a story.

2-9: Nat'l Puzzle Day
Start a puzzle!

2-14: Ferris Wheel Day
Share a memory!

2-19: Best Friends Day
Call, write, or invite your best friend over.

2-26: Letter to an Elderly Day
Write a note to a homebound elder.

More at brownielocks.com

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

Enjoy Fudgy Date Brownies

Ingredients

- 4 cups Medjool dates, pitted
- 1/2 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 cup nut or seed butter of your choice
- 1/2 cup cacao or cocoa powder, unsweetened
- 1 to 2 Tablespoons water

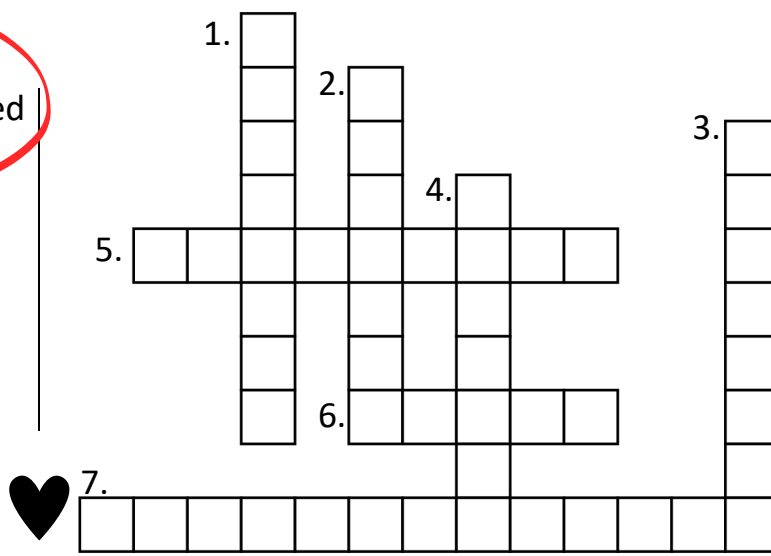
Directions

1. Preheat oven to 350 degrees F. Line an 8 x 8 pan with parchment paper or spray the pan well.
 2. The dates need to be soft. If they are hard, microwave them with a little water for 3 minutes, then drain dates and reserve 2 tablespoons of water. If dates are soft, skip this step.
 3. Add the dates & rest of ingredients to a Food Processor with 1 tablespoon of reserved water, blend until smooth. Add the other tablespoon of water if needed. The batter will be thick and sticky.
 4. Smooth the batter in the pan. Bake for 20-25 minutes. Cool.
- Recipe is gluten-free. Adapted from www.healthylittlevittles.com



NOURISH Step
Recipe has no added sugar!

Heart Health Crossword Puzzle



Word Bank

- Blood Pressure
- Chest Pain
- Diabetes
- Exercise
- Failure
- History
- Young

Down

1. A condition w/high blood sugar that increases risk of heart ds.
2. Even if you have a family _____ of heart disease, you can take action to reduce your risks.
3. Moderate intensity _____ is beneficial to heart health.
4. Heart _____ can cause shortness of breath and swelling of the feet and ankles.

Across

5. A common symptom of a heart attack along with shortness of breath, arm or jaw pain.
6. Not only older adults, but _____ people can have heart ds.
7. High _____ is known as a "silent killer".

Hydration Tip:



Choose unsweetened tart cherry juice, it is rich in antioxidants, which reduce inflammation and oxidative stress. Studies suggest it can help lower blood pressure, improve cholesterol levels, and enhance circulation. **Note: If you are on blood thinners check with your doctor first as it contains vitamin K.**

Celebrate Cherry month with Tart Cherry Juice.



If you want more pep, take a NOURISH Step!
For more information visit: gwaar.org/nourishstep

