

# Nutrition News

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## 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!

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

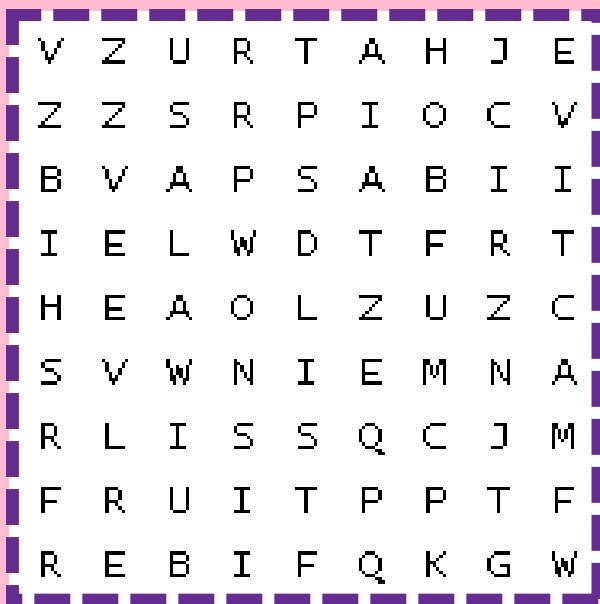
**Fiber & Nutrient Rich:** Add 1-2 additional servings of fruits or veggies per day.

**Sodium Awareness:** Season with herbs or pepper blends instead of salt.



**February is Cherry Month!** Celebrate by trying Tart Cherry Juice. Choose unsweetened tart cherry juice as it's rich in antioxidants that reduce inflammation and oxidative stress. (Oxidized cells can contribute to cancer.) Studies suggest it can help lower blood pressure, improve cholesterol levels, and enhance circulation. Note: If you are on blood thinners, check with your Dr. first as it's rich in Vitamin K.

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Search your heart out for these words:

ACTIVE   APPLES  
BEANS   FIBER  
FRUIT   HEART  
NUTS

Words can be forwards, backwards, diagonal, horizontal, or vertical.

National Medjool Date Day  
is Feb. 4th!

Information contained in this newsletter  
was sourced from GWAAR – NOURISH Steps:  
<https://gwaar.org/nourishstep>

#### Ingredients

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

#### Directions

1. Preheat Oven to 350 degrees F. Line 8x8 pan with parchment paper or spray 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 and rest of ingredients to a food processor with 1 tablespoon of reserved water, and blend until smooth. Add the other tablespoon of water, if needed. Batter will be thick and sticky.
4. Smooth the batter in the prepared pan. Bake for 20-25 minutes. Cool.

Adapted from [www.healthylittlelittles.com](http://www.healthylittlelittles.com)

## Fudgy Date Brownies

Recipe has NO  
Added Sugar!