


Help us have a Heart Healthy Valentine's Day



WJCC's Student Wellness policy promotes healthy snacking. Here are some great Heart Healthy ideas for Valentine's Day!

Valentine's Day Card Treats:

- ♥ Pencils, erasers, pins, stickers, magnets
- ♥ Bouncy balls, glow sticks, lip balms, heart stamps
- ♥ Healthy treats: pretzels, crackers, popcorn
- ♥ Berries and dried fruit

Valentine's Day Parties:

- ♥ Strawberry hearts
- ♥ Fruit kabobs
- ♥ Clementine sections
- ♥ Grapes
- ♥ Cookie cutter cheese or cucumber hearts!

Follow WJCC SHIP on [Pinterest](#) for more Valentine's ideas!
Find the School Division's full Wellness Policy [here](#).

"Orange you glad you're my Valentine?"