

Cut to the Core

Essential facts, tips, and recipes to keep your family healthy to the core, coming to your inbox monthly from SHIP!



February Issue

LOVE YOURSELF!

February is the month of love. Show yourself some love by taking care of yourself: get enough rest, choose energizing snacks, get up and move, and add mindfulness practices to your daily routines. When you feel good about yourself, you can lift up others!

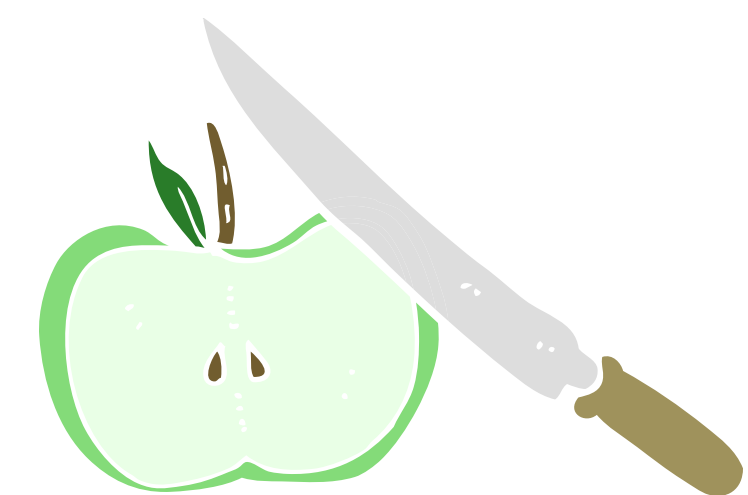
Saving Cents



32 OZ LF YOGURT	
UNIT PRICE	RETAIL PRICE
\$0.05 per oz	\$1.62

6 OZ LF YOGURT	
UNIT PRICE	RETAIL PRICE
\$0.12 per oz	\$0.72

Be kind to your wallet by comparing price per ounce or pound instead of just the sticker price. Buy larger bags of snacks like pretzels or carrots and repackage them into individual servings at home.



Plant the Seed

Core Cooking:

If you like a little spice with your sweet, try Sweet & Spicy Mustard Dip with your veggies! Recipe at <https://recipes.heart.org/en/recipes/sweet--spicy-mustard-dip-with-veggie-dippers>

Core Community:

Warmer weather is right around the corner. Plan to get out there by registering for April 20th's Run the D.O.G. Street, "A Healthy Heart, Healthy Mind Event." Visit <https://runsignup.com/Race/VA/Williamsburg/RunTheDOG>

Core Connection:

There are hearts everywhere this month. Care for your own by checking out the Healthy Living tab at The American Heart Association: <https://www.heart.org/en>



Want to try something new?

Dip it! Dunk it! Kids, teens, and adults all love to mix and match foods and sauces. One study found children three times more likely to eat a vegetable when it is offered with a flavored dip. Stick with low-fat, low-sugar options like non-fat ranch or hummus to keep your combos healthy.