



# **Love Your Heart!**

*Improving Learning  
through Healthy Eating  
and Physical Activity*

***February***



# Why should families ensure their children eat a healthy diet?

- Higher grades & test scores
- Eating breakfast improves learning
- Increases school attendance
- Improves the ability to focus

# For Heart Health Benefits

- Mix up your proteins to include more beans & peas, seafood & unsalted nuts instead of meats
- Include whole grains and less processed foods
- Make half your plate fruits & vegetables.
  - 2 fruits & 3 vegetables daily



## *Nutrient Loaded:*

- *Dark Green Leafy Vegetables*
- *Cruciferous Vegetables*
- *Other Vegetables*



# Factors that Affect Learning

**Better  
Classroom  
Behaviors**

**Better  
Memory**

**Children Need 60  
Minutes of Physical  
Activity Each Day**

**Better  
Grades**

**Better  
School  
Attendance**



# For More Information



**Grades 1-2**



**Grades 3-5**

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## RESOURCES

### Virtual Learning

FUNDED BY



HealthMPowers is providing virtual learning resources for teachers and families to improve

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## WEEKLY WELLNESS TEXT MESSAGES

**SIGN  
UP  
NOW!**



**Text: "SchoolName"  
to 833-369-3547**

**Por español text:  
"SchoolNameSpanish"**

**Do You Need Activities, Recipes & Healthy Tips?**

• Health Tips for Your Whole Family! • Free Family Activity Ideas! • One Text per Week



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This material was funded by USDA's SNAP and other HealthMPowers partners.

# Thank You!

*For your continued support of our mission to improve the health and future of our children.*

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