



# Nutrition News

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Public Health Dietitians

February is a month filled with love. One of the ways we show love is through food. Celebrate this Valentine's Day with some healthy snacks.

## Frozen Yogurt Berries

Dip berries in vanilla yogurt. Place on a sheet pan lined with parchment paper. Place in freezer until yogurt has hardened.



## Hearty Veggies

Serve veggies with a yogurt dip in a cup. Arrange food in heart shapes or use valentine themed cups or cutlery.



## Sweetheart Smoothie

Make a nutritious drink with strawberries, bananas, greek yogurt and ice. Add a splash of vanilla for added flavour.



## Tips for Healthy Celebrations

- Present fruits and vegetables in a fun way by using different shapes and colours, and arranging them in designs. Have kids describe the different colours, textures, shapes, smells and flavours.
- Do fun holiday crafts such as decorating cups, using fun straws in your drinks or make valentine cards for the people you love.
- Encourage eating with others to foster social connections, communication skills and spending quality time together.

## Nutrition Tip

Add whole grains like whole grain crackers, pita, or bread. Check out our [Snacks](#) handout for more nutritious ideas!

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