

HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN FEBRUARY



FRUIT » GRAPEFRUIT

HEALTH BENEFITS: Grapefruits are packed with vitamin C to help out your immune system. While keeping sickness at bay, this tangy fruit is also known to help lower cholesterol levels, which keeps your heart healthy.

SELECTION / STORAGE: Select grapefruits that are smooth, firm and blemish free. The color can vary, but the fruit should be heavy for a juicier flesh. Store at room temperature for up to a week or in the refrigerator for up to 3 weeks.

EATING / PREPARATION: Rinse the grapefruit under cold water and cut horizontally to expose the sections of the fruit. Either eat the grapefruit like an orange or use a grapefruit spoon to eat the individual sections. If you find the grapefruit to be a little tart, sprinkle with a teaspoon of sugar and enjoy!

VEGETABLE » KALE

HEALTH BENEFITS: Kale is one of the healthiest vegetables around. It is jam-packed full of antioxidants and nutrients like Vitamin A, Vitamin C, fiber, manganese, potassium, iron, and calcium. It is especially high in Vitamin K which plays an important role in blood clotting and is essential for building strong bones.

SELECTION / STORAGE: Select kale with firm deeply colored leaves. The leaves should be free from signs of browning, yellowing and holes. Kale with smaller leaves will be milder in flavor. Place kale in a food storage bag, remove as much air as possible and store in the refrigerator. It will keep for 5 days. The longer it is stored the more bitter it becomes.



EATING / PREPARATION: Wash right before you are ready to use. Use a knife to cut out the stem all the way down the length of the leaves. Kale makes a tasty addition to soup, salad, stir fry, pizza, and casseroles. You can even make crunchy seasoned kale chips using olive oil and seasoning!



ACTIVITY » GO ICE SKATING

ACTIVITY: Ice skating is easy on the joints because it's low impact. It improves your balance and coordination while exercising muscles that you don't often use in your daily routine. Public skating is available at Mystique Ice Center or you can check schedules for local outdoor ice rinks through Dubuque Leisure Services. Want your own pair of skates? Used skates may be available at consignment shops.