

February Good Morning Announcements!

The Good Morning Announcements are provided by the Nutrition Educators of Pick a better snack.

Monday 2/3	Tuesday 2/4	Wednesday 2/5	Thursday 2/6	Friday 2/7
<p>NATIONAL CARROT CAKE DAY!</p> <p>Carrots help our eyesight; do you eat carrots at home or at school?</p>	<p>DID YOU KNOW?</p> <p>Carrots are a root vegetable and can be left in the ground over the winter months</p>	<p>DID YOU KNOW?</p> <p>A pineapple plant can produce fruit up to 50 years</p>	<p>NATIONAL FROZEN YOGURT DAY!</p> <p>Try it with some pineapple as a topping!</p>	<p>The Super Bowl has been played the second Sunday in February since 2022</p> <p>Do you celebrate the Super Bowl?</p>
Monday 2/10	Tuesday 2/11	Wednesday 2/12	Thursday 2/13	Friday 2/14
NO SCHOOL	NO SCHOOL	<p>WORLD PULSES DAY!</p> <p>Do you know what pulses are?</p> <p>Chickpeas, dry beans, and lentils</p>	<p>How does a pineapple answer the phone?</p> <p>“Yellow?”</p>	<p>VALENTINE'S DAY!</p> <p>Pineapple contains nutrients that support our heart health</p>
Monday 2/17	Tuesday 2/18	Wednesday 2/19	Thursday 2/20	Friday 2/21
<p>During the winter months we can become deficient in vitamin D because of limited sun exposure</p> <p>Be sure to eat vitamin D rich fruits and vegetables!</p>	<p>What are some fruits/vegetables that you can think of that contain vitamin D?</p> <p>Oranges, orange juice, spinach, mushrooms, banana's</p>	<p>Pineapple contains lots of vitamin C, which helps protect us from getting sick</p> <p>Eat lots of pineapple this winter during Flu season!</p>	<p>Football is the most popular American sport</p> <p>What is your favorite sport to play?</p>	<p>Which is faster? Hot or Cold</p> <p>Hot, you can catch a cold</p> <p>Eat vitamin C-rich fruits/vegetables to protect yourself from getting sick this winter!!</p>
Monday 2/24	Tuesday 2/25	Wednesday 2/26	Thursday 2/27	Friday 2/28
<p>What are some fruits/vegetables that you can think of that contain vitamin C?</p> <p>Pears, sweet potato, kiwi, pineapple</p>	<p>A pineapple is not a pine or an apple</p> <p>It's actually considered a berry!!</p>	<p>What do you call a slow skier?</p> <p>A slope-poke</p>	<p>Ski Season</p> <p>February is in the midst of skiing season, which is late November through early April</p> <p>Have you ever been skiing?</p>	<p>What do you call a snowman in the spring?</p> <p>A puddle</p> <p>Spring is near, what's your favorite season?</p>