



# February



## Fresh Blender Salsa



5-6 Fresh Tomatoes

1/3C Fresh Cilantro

1/4C Onion

1/3 Jalapeno (optional)

1T Minced Garlic

1T Lime Juice

1t Salt

Pinch of Sugar

-Wash tomatoes and cut out the core. Slice each tomato in fourths. Using a spoon or your hands, gently remove the seeds from each tomato. Make sure you feel around each section and get all the watery seed membrane out.  
- Slice onion into 1" chunks, seed and chop jalapeno if using.  
-Add tomatoes to your blender. Top with cilantro, onion, garlic, jalapeno, lime juice, sugar, and salt. Place the lid on your blender and pulse 5-10 times. Aim for a consistency thinner than chunky salsa, but not pureed.  
-Transfer salsa to a jar. Refrigerate for at least 2-3 hours before serving. Salsa stays fresh refrigerated in an airtight container for 1 week.



## American Heart Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
	High blood pressure, high cholesterol, and smoking are key risk factors for heart disease.			First Day of Black History Month	HAPPY BIRTHDAY 	National Wear Red Day 
4	5	6	7	8	9	10
National Cancer Day 	Heart Health Tip: Check your blood pressure on a regular basis.	Congenital Heart Defect Awareness Week		National Giving Hearts Day 	Heart Health Tip: Adults should get 2.5 hours of moderate exercise per week.	Chinese New Year 
11	12	13	14	15	16	17
	Heart Failure Awareness Week Signs of Heart Failure -Rapid weight gain -rapid heartbeat	Signs of Heart Failure -fatigue and weakness -Shortness of breath -Dizziness -swelling of hands and feet	HAPPY Valentine's Day 	Heart Health Tip: Choose healthy meals and snacks to prevent heart disease	Random Acts of Kindness Day "Try to be a rainbow in someone's cloud" -Maya Angelou	
18	19	20	21	22	23	24
President fact: Thomas Jefferson and John Adams both died 7/4/1826	President's Day Did you know one of George Washington's favorite foods was ice cream?		National Heart Valve Disease Awareness Day		Heart Health Tip: Drink alcohol in moderation	
25	26	27	28	29		
Heart Health Tip: Take prescribed medication regularly		Heart Health Tip: Smile! 				