A key component of eating a heart-healthy diet is minimizing sodium intake. To avoid eating too much sodium, check out some tips:

- **Lookout for key words** on the nutrition label, such as salt, soda, sodium, monosodium glutamate, sodium nitrate, and sodium benzonate.

- **Avoid** high sodium foods, including deli meats, pizza, canned soup, breads and rolls, and burgers.

- **Ask** your parents to swap your seasonings. Try a variety of fresh or dried herbs and spices like garlic, pepper, basil, cinnamon, or citrus juices to season your food.

Kiddos, the types of foods and beverages that keep your heart healthy (and the rest of your body too) are those that contain whole grains, vitamins, minerals, are low in fat and added sugars, and limited in the types of fat that harm your heart. If you eat calories from foods that have unhealthy fats (saturated and trans fats) or foods that are high in added sugars, your body suffers because these types of food can damage your blood vessels and your heart.

**Healthy School Lunch Challenge**

Hey, Elementary Students! Pomptonian’s Healthy School Lunch Challenge is Back!

We are encouraging our elementary students to test their cooking skills, creativity and have fun while whipping up delicious healthy school lunches!

**(2) First place winners**

**(4) 2nd place winners**

Will be selected out of all Pomptonian districts and receive some cool prizes!

Requirements:

- Recipes need to include at least one fruit and vegetable, contain a lean protein, whole grains, and **CANNOT** contain peanuts/tree nuts or seafood. Ask your cafeteria for an official recipe form to fill out.

All recipes (yielding 5 servings) and photos of your work **MUST** be submitted to pictures@pomptonian.com by March 20th.

**Fruit of the Month**

**Vegetable of the Month**

**Pink Lady Apples**

**Thanks Yonder Fruit Farm**

**Parssnips**

**Thanks Dagele Brothers Farm**