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**February is American Heart Month!**

*From the Desk of Ani Aroian, Registered Dietitian Nutritionist, LDN, MPH*

Choose foods with low-to-no added salt. Reduce intake of red meat. Include fruits and high fiber vegetables with meals and snacks. Do these phrases sound familiar? That’s because they are part of the scientific recommendations to help reduce the risk of cardiovascular disease. This month, talk with your medical team on what you can do to further protect your heart health. Remember: you don’t have to make big changes all at once. Even the smallest steps go a long way!
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<th>Wednesday 2/15</th>
<th>Thursday 2/16</th>
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<td>Sweet Corn Fritter 206</td>
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<td>Lentil Chili 207</td>
<td>Crispy Chick'n Sandwich w/Pickles 280</td>
<td>Whole Grain Mac &amp; Cheese 323</td>
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**Announcement for SNAP Recipients: Federal Extra COVID SNAP is Ending**

Due to federal action, the last **COVID** SNAP payment is March 2, 2023. How will this impact your SNAP benefits? Starting in April, you will get only 1 monthly payment. That is your normal benefit. Find the amount on DTA Connect or by calling 877-382-2363. As a reminder, unused SNAP benefits roll over each month. Change the PIN on your EBT card regularly to protect your benefits.

Please notify Ethos of any life threatening food allergies @ 617-477-6606