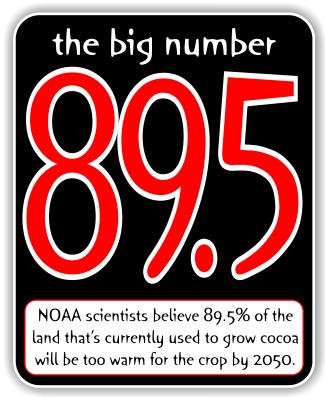
# MELTING AWAY.

Chocolate and hearts go together this time of year. And, yes, a little dark chocolate now and then can even be good for you, and your heart. But chocolate may not be around for

too many more Valentine's Days. You see, the cocoa plant, from which chocolate is



made, only grows in a narrow band of the earth just above and below the equator. In fact, most of the world's chocolate comes from the West African lands that are within this small slice of the globe – the cocoa plant thrives in the region's rainforests. But the earth is warming. And scientists at our National Oceanic and Atmospheric Administration (NOAA) warn that the prime cocoa growing areas of the world could be too warm to grow the crop by as soon as 30 or 40 years from now. This is just a small example of how the changing climate could have profound and unpredictable effects on our food supply – and our well-being.

### EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

## WELLNESS IS A WAY OF LIFE!

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"MELTING AWAY"

#### **EAT BETTER**

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

#### BERRIES

The bittersweet taste of highcocoa dark chocolate can take
some getting used to. But
dark chocolate combined with
berries enhances the
sweetness of the healthful
dark chocolate and adds the
nutritional value of the fruit.
In moderation, it's the perfect
dessert or snack pairing!

#### **PLAY HARDER**

Like to exercise outside? Then you're no doubt aware of the risk of too much sun. Eaten regularly, cocoa beans or cocoa-rich dark chocolate have been shown to prevent skin damage from ultraviolet rays.



#### **LEARN EASIER**

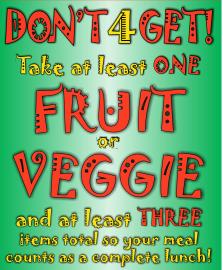
Here's something else that seems too good to be true: eating high-cocoa chocolate helps you learn easier, too! Dark Chocolate enables "improvements of cognitive processing, visual-spatial awareness, abstract reasoning, scanning, [and] working memory" (Jacky Miller, "14. Health Benefits of Dark Chocolate"). Still not convinced? Do a search on-line for "dark chocolate health benefits" and you'll find even more wonderful side effects of this bittersweet treat. Then eat some dark chocolate-right before your next test!

#### LIVE HEALTHIER

Chocolate doesn't have to be a quilty pleasure. Dark chocolate that's at least 60% cocoa and low in added sugar is loaded with nutrients and healthful antioxidants. It's been shown to help prevent depression, heart disease, and stroke; improve healthy HDL cholesterol and lower LDL (the unhealthy kind); boost the immune system; lower blood pressure; and even control a cough! And dark chocolate is high in nutrients, including fiber, protein, and iron!







Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For example, all of the lunches we serve must include fruit or vegetable servings.