

BREAKROOM BUZZ

February 2026



Snack Smarter This February

February is National Snack Food Month, so let's make those snacks work for you.

- Calories matter.** When choosing your snacks, aim for 100-200 calories if you're maintaining or losing weight. Strive for 200-400 calories if you're very active or trying to gain weight.
- Mix in the five food groups.** Low on fruits or veggies? Pair them with peanut butter, yogurt, or hummus for staying power.

- Drink first.** Afternoon slump? Try a glass of water before reaching for a snack. Thirst often feels like hunger.
- Check the label.** Choose snacks lower in saturated fat, sodium, and added sugar, and higher in fiber and protein to help you stay full longer.

Cranberry Turkey Meatballs

Ingredients:

- 1 pound 93% lean ground turkey
- 1 (14 ounces) can of cranberry sauce
- ½ cup barbecue sauce
- 1 egg, beaten
- ¼ cup whole wheat breadcrumbs
- 2 green onions, chopped
- 1 teaspoon low-sodium soy sauce
- Cracked black pepper to taste

Nutrition information per serving:
132 calories; 3 g fat (0.62 g saturated);
30 mg cholesterol; 17 g carbohydrates;
0 g dietary fiber; 9 g protein; 155 mg
sodium.

Servings: 12
(2-3 meatballs per person)

Directions:

- Wash hands with soap and water.
- Combine ground turkey, egg, green onions, soy sauce, black pepper, and breadcrumbs in a medium bowl, mixing well.
- Shape into 24 meatballs. Wash hands after handling raw meat.
- Spray a large skillet with cooking spray and cook turkey meatballs over medium heat. Turn once after they brown on one side, then continue cooking for another 5 minutes or until lightly browned.
- Heat cranberry and barbecue sauces in a medium saucepan until well mixed.
- Pour over turkey meatballs, cover, and simmer 10 minutes or until meatballs reach an internal temperature of 165 F.

I Didn't Know That!

According to the American Heart Association, more than 23,000 children experience cardiac arrest outside the hospital each year. Cardiovascular disease remains the leading cause of death in the United States.

Living a heart-healthy life involves more than eating well and exercising. Small daily habits can make a big difference.

Consider these tips for a healthier lifestyle:

- Be grateful:** Write down one or two things you are thankful for each day.
- Quit tobacco use:** Set a quit date, choose a method, seek professional help if needed, and plan ways to manage cravings.
- Get quality sleep:** Maintain a regular schedule, limit blue light exposure, watch caffeine intake, and create a dark, cool, comfortable sleep environment.
- Manage stress:** Practice relaxation techniques such as mindfulness or meditation to maintain a sense of calm.
- Connect socially:** Spend time with friends and family who encourage positive habits and support your well-being.

Resource: American Heart Association, heart.org/en/healthy-living/healthy-lifestyle

