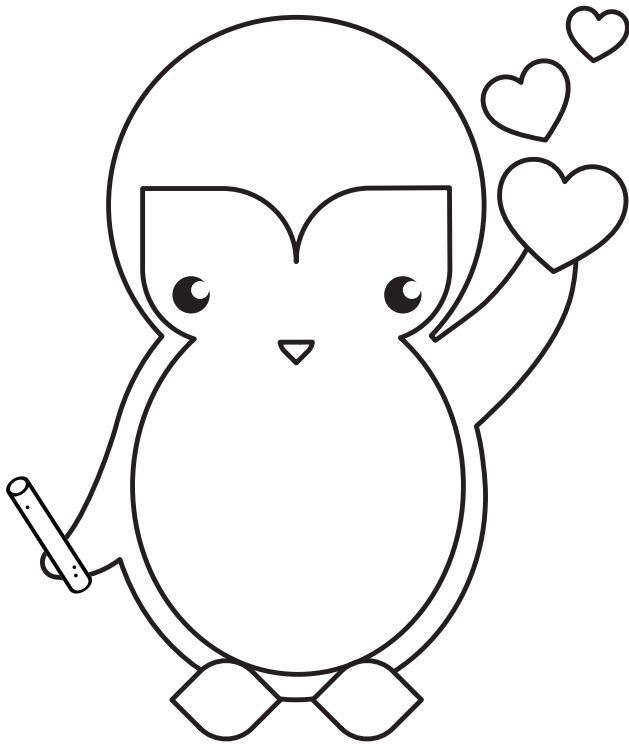


Name: _____

Grade: _____

List your favorite heart healthy foods:

1. _____
2. _____
3. _____
4. _____
5. _____



Happy Heart Health Month

What do you do to keep your heart healthy? Draw a picture for Pip the Penguin that illustrates your favorite heart healthy food or activity.



Enter our Heart Month coloring contest by February 14, 2024, for a chance to win some cool prizes!

Scan the QR to submit your artwork.

