

# 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.**

the big number

# 89.5

NOAA scientists believe 89.5% of the land that's currently used to grow cocoa will be too warm for the crop by 2050.

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

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# 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 high-cocoa dark chocolate can take some getting used to. But dark chocolate combined with berries enhances the sweetness of the healthy dark chocolate and adds the nutritional value of the fruit. In moderation, it's the perfect dessert or snack pairing!

## LIVE HEALTHIER

Chocolate doesn't have to be a guilty 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!



## 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.



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.

**DON'T 4 GET!**  
Take at least **ONE**  
**FRUIT**  
or  
**VEGGIE**  
and at least **THREE**  
items total so your meal counts as a complete lunch!

## 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!