

February

2020

| Motivational Monday | Tasty Tuesday | Workout Wednesday | (No) Trash Thursday | Funny Friday |
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| 3 Nothing is impossible, the word itself says "I'm possible"! – Audrey Hepburn | 4 Slow-Cooker Creamy Tomato and Tortellini Soup | 5 Work out during lunch. | 6 Cut down food waste: shop efficiently, buy only what you need. Write a shopping list and stick to it. | 7 Q: What did the cucumber say to the pickle? A: You mean a great dill to me. |
| 10 I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. – Maya Angelou | 11 Slow-Cooker Cuban Black Bean Soup | 12 Replace your desk chair with a stability ball. | 13 Cut down food waste by using everything: use skin on vegetables and fruits, if not freeze them and use them for homemade stock. Use leftovers for another meal or freeze for later. Make croutons or breadcrumbs from old bread. Set leftovers in front of fridge to use first. | 14 Q: What did the farmer give his wife for Valentine's Day? A: Hogs and kisses. |
| 17 Whether you think you can or you think you can't, you're right. – Henry Ford | 18 Slow-Cooker Pork Ramen | 19 Take "active breaks" throughout the day. | 20 Cut down food waste by learning to can food. Prepare medium size batches of your favorite salsa, curry, vegetables or fruits and store them at room temperature. | 21 Q: What do you say to an octopus on Valentine's Day? A: I want to hold your hand, hand, hand, hand, hand, hand, hand, hand! |
| 24 Perfection is unattainable, but if we chase perfection we can catch excellence. – Vince Lombardi | 25 Slow-Cooker Mongolian Beef | 26 Walk and talk. | 27 Cut down food waste by making compost with what you can't use. Pile up residues in small pieces in your garden or blend everything with the water you use for washing veggies and fruits/boiling pasta and toss in garden. | 28 Q: What do you write in a slug's Valentine's Day card? A: Be by Valen-slime! |
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