

Mood Boost

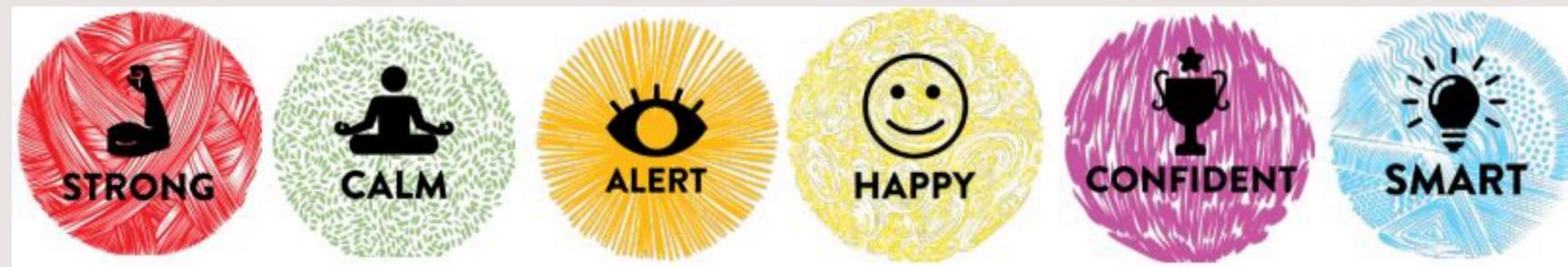
Emerging research suggests that the food we eat can not only improve our physical health but can also positively impact our mental well-being. To help students learn what foods may help them feel their personal best, Chartwells K12 is launching a new program: Mood Boost!

Mood Boost introduces characters, “the Moodies”, (for elementary) and icons (for middle school) that focus on six moods: **Strong**, **Calm**, **Alert**, **Happy**, **Confident** and **Smart**

For Elementary:



For Secondary:



These categories have the strongest body of emerging scientific evidence of how a healthy eating pattern that includes these foods on a regular basis may support these feelings of well-being.

Teach healthy habits and increase consumption of fruits and vegetables among students with Chartwells' Mood Boost!



Activities:

We'll feature mood-boosting foods and recipes along with fun promotional materials that feature the Moodies and simple and delicious recipes featuring healthy foods.

Our goal:

To ensure every student leaves the cafeteria happier and healthier than they came in. Mood Boost reinforces that serving up happy and healthy is more than just a tagline to us; it's at the heart of everything we do for our students.

MOOD BOOST

Helping students make a connection between what they eat and how they feel

