

MOOD BOOST

INTRODUCING...MOOD BOOST

An exciting new Chartwells K12 program for elementary and middle school students!

Dear Parent/Guardian –

Something fun is happening in the cafeteria starting **October 21st** when students will have the opportunity to experience a brand new program called “Mood Boost!” Designed to help students make the connection between what they eat and how they feel, Mood Boost brings new lunch menus, fun activities and a collection of characters called “Moodies” into the cafeteria.

Emerging research has shown that the foods we eat the most often may have an effect on how we feel, not just physically, but mentally. When eaten regularly Mood Boost foods, especially nutrient rich fruit and vegetables can help to elevate a person’s mood and enhance or sense of well-being. These foods contain vitamins, minerals and antioxidants that communicate with our brain to support personal characteristics such as happy, alert, strong, calm and confident. This is the foundation for Mood Boost!

For nearly a year, Chartwells chefs and dietitians worked together to create Mood Boost specifically for elementary- and middle-school students and we’re excited to launch it at **Debbie Braff**. The seven-week program includes new menus that feature exciting and delicious mood-boosting ingredients, in addition to:

- The “Moodies”, a series of six fun and engaging characters to help younger students recognize their different moods: Alert, Calm, Confident, Happy, Smart, and Strong.



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- Recipes kids love that prominently feature at least one significant ingredient per mood. For example, **Raspberries** with Chocolate and Basil (Alert); **Broccoli** Salad with Raisins (Calm); Strawberry **Avocado** Smoothie (Confident); Citrus **Chickpea** Salad (Happy); Red **Kidney Bean** Hummus (Smart); and Portuguese Style **Pork** Bowl (Strong).
- Giveaways including collectible trading cards that feature the Moodies, information about key ingredients supporting each mood and recipes kids can make at home.
- If your kids eat lunch they will receive prizes and Swag gifts featuring the Moodies
- See attached for a calendar with our upcoming mood boost tasting events!

Mood Boost is part of our effort to create a fun food environment to ensure students leave the cafeteria happier and healthier than when they came in.

We hope you'll encourage your child to participate in the Mood Boost program and as always, please don't hesitate to reach out if you have any questions.

Thank you,

Phil Yazzie- Director of Dining Services
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Example of trading card



Pencils and stickers and more....



MOOD BOOST

UPCOMING MOOD BOOST TASTINGS

Week	Mood	Dates
1	Tasting Melon Salad	September 30th
2	Strong Celery & Sunbutter Sticks	October 21 st
3	Calm Broccoli Salad with Raisins	November 18th
4	Happy Herb Roasted Red Bliss	December 16 th
5	Alert Apple Cucumber Salad	January 20th
6	Smart Blueberry with Balsamic & Thyme	February 17th
7	Confident Carrot Raisin Salad	March 10th

