

Storybook Cafe

A NEW JERSEY FARM TO SCHOOL RESOURCE

Mental Health Awareness

HEALTHY BRAIN SMOOTHIE

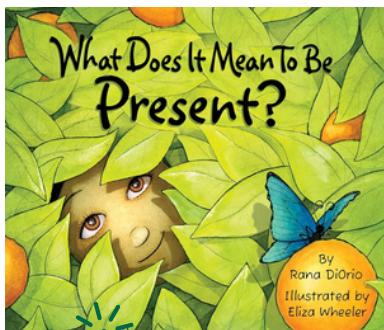
INGREDIENTS

CLASSROOM TASTING:

- 10 strawberries, tops removed 
- 1 banana, sliced
- 1 cup kale 
- 3 Tbsp cacao nibs
- Dash of each, turmeric & cinnamon
- 16 oz. almond milk

DIRECTIONS

1. Wash and prepare ingredients.
2. Add ingredients to blender and blend on high for 45-60 seconds or until well blended. Serve and enjoy!



Read Along

My Feelings and Me

By Holde Kreul
Illustrated by Dagmar Geisler



Social and emotional herb gardens

Mindful Gardening Activity

Video: Food & The Brain

Lesson Ideas 

Certain foods can support mental health by providing essential nutrients that help regulate brain function and mood. Foods supporting this are, leafy greens, nuts, fatty fish, avocados, berries, legumes, and whole grains. Incorporating these foods into your diet can help support mental well-being and improve overall brain health.

MADE IN COLLABORATION WITH:

