

# 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, tumeric & 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  
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. Food 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:

