

Storybook Cafe

A NEW JERSEY FARM TO SCHOOL RESOURCE Mental Health Awareness

HEALTHY BRAIN SMOOTHIE

INGREDIENTS

Classroom tasting

- 10 strawberries, tops removed, frozen
- 1 banana, sliced, frozen
- 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



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:

