Give Your Brain a Boost

Food is fuel. It’s fuel for growing bodies but it’s also fuel for busy brains. Whether your child is attending school in-person or from home, it’s important to help them choose foods that give their brains the boost they need to power through. Incorporate these foods into mealtimes, but also consider planning a brain boosting snack for that afternoon slump! Exercise your brain with the games on the next page.

Best foods for brain fuel:
- Nuts & seeds
- Berries
- Dark chocolate
- Avocados
- Whole grains

It’s a Pizza Party!

Did you know October is National Pizza Month? You might not realize it, but pizza is a power food... When you pick the right ingredients! Consider pizza your blank canvas. Start with a whole grain crust, top it with a vegetable-rich sauce, low-fat cheese, then finish with lean proteins, more vegetables, or even fruit! You can take the same concept to breakfast or even dessert. Whichever meal you choose, encourage your family to build their own perfect pie!

Try these favorites, then make up some of your own:
- Breakfast pizza: www.superhealthykids.com/recipes/pita-breakfast-pizza/
- Dessert pizza: www.superhealthykids.com/recipes/healthy-fruit-pizza-minis/
- Pizza party: www.superhealthykids.com/recipes/english-muffin-pizza-bar/

Sources: 1 - https://americanbrainsociety.org/10-superfoods-to-boost-brain-power/

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Complete the words

A = 1  J = 10  S = 19
B = 2  K = 11  T = 20
C = 3  L = 12  U = 21
D = 4  M = 13  Y = 22
E = 5  N = 14  W = 23
F = 6  O = 15  X = 24
G = 7  P = 16  Y = 25
H = 8  Q = 17  Z = 26
I = 9  R = 18

FIND THE TWO THAT MATCH

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