



SAFARI

ELEMENTARY EDITION NEWSLETTER: JANUARY

MOOD BOOSTING FOODS

Since it's getting colder outside and we can't always go out to play, Talia the Toucan likes to eat foods that help boost her mood. Did you know that certain foods can make you feel happy?

When you eat nutritious foods, not only are you giving your body what it needs to work properly – you're also giving your body what it needs to feel good, stay energized and keep focused.

Foods like salmon, eggs and lean meats are great sources of protein and Omega-3 fats, which help boost your mood and give you energy. Try some scrambled eggs for breakfast to start your day off in a good mood, and try adding salmon to a salad to keep that energy going throughout the afternoon!

Looking for a snack?

- Try snacking on pumpkin seeds and almonds. Seeds and nuts are delicious and full of fiber and other vitamins and minerals to keep you feeling great, inside and out.
- If you're looking for a sweet treat, make a smoothie with berries, leafy greens and low-fat yogurt. Berries like cherries and blueberries are full of vitamins and antioxidants. Adding greens like spinach or kale provide iron and other nutrients.

Eating nutritious food leaves you feeling good and helps your body work its best. Even if it's too chilly to play outside, eating the right foods can leave you feeling both satisfied and happy!



WHAT MOOD BOOSTING FOODS DID YOU EAT TODAY?

HELP TALIA GET TO HER MOOD-BOOSTING SNACK



START HERE



FINISH



WORD SEARCH

P	S	Z	E	Y	J	H	N	Y	T
V	R	E	B	E	T	T	U	J	F
Y	I	O	R	E	N	R	T	F	I
O	S	T	B	O	A	E	S	K	S
G	E	M	A	I	T	N	R	D	H
U	E	O	E	M	O	O	S	G	R
R	D	O	P	Y	I	T	N	N	Y
T	S	D	V	F	M	N	I	I	A
B	E	R	R	I	E	S	S	C	N
S	J	M	I	N	E	R	A	L	S

PROBIOTICS	ENERGY	SEEDS	SEROTONIN
FISH	NUTS	VITAMINS	YOGURT
MOOD	BERRIES	BEANS	MINERALS

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