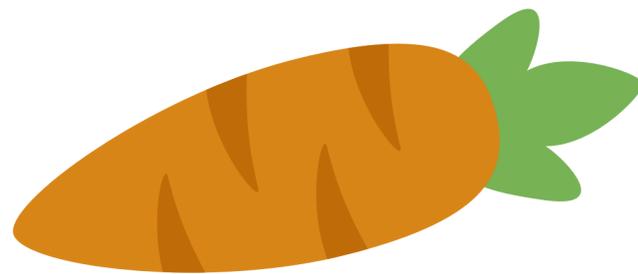
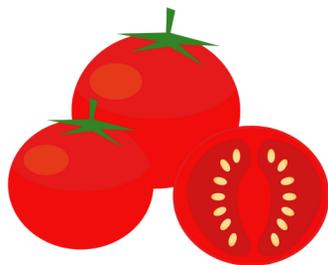
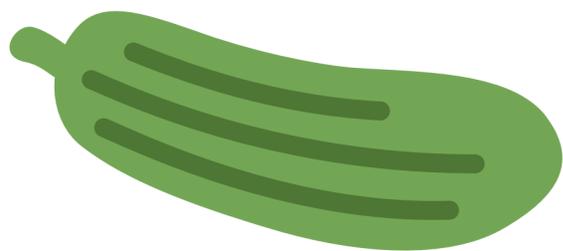


STAFF MEMBERS ONLY

OUHSD CARES



FARMERS MARKET

ALL FRESH NATURAL ORGANIC FOOD

11:30A TO
1:00P

APRIL 19, 2024
MAY 17, 2024

HUENEME ROOM
OXNARD ROOM

HEALTHY EATING PLAYS A CRUCIAL ROLE IN SUPPORTING MENTAL HEALTH:

A balanced diet ensures that your brain receives essential nutrients. Foods can directly impact neurotransmitter levels in the brain, influencing mood regulation. A well-balanced diet helps regulate cortisol levels, the hormone associated with stress. Nutritious foods provide a steady supply of energy throughout the day. Certain nutrients may enhance cognitive function and protect against age-related cognitive decline. A healthy diet has been associated with a reduced risk of developing mental health disorders such as depression, anxiety, and cognitive decline.



OUHSD
CARES

