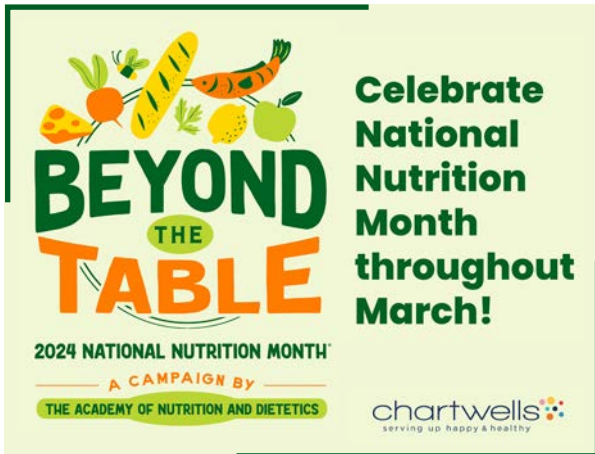




PATTONVILLE SCHOOL DISTRICT NEWSLETTER

NUTRITION



National Nutrition Month® is a nutrition education campaign created by the Academy of Nutrition and Dietetics that focuses on the importance of making informed food choices and developing sound eating habits. Beyond the Table is the theme this year!

Things to consider when meal planning:

- Shop Local Produce
- Sustainable Food Sources
- Reduce Food Waste at Home

[Reduce Food Waste Tips](#)
[Healthy Eating on the Run](#)



EMOTIONAL

Our food choices can positively or negatively affect our mood and mental wellness.

Learn How Nutrition Shapes Your Well-Being

- How nutrition affects mental health
- How food choices change your brain chemistry - for better or worse
- Why mental health experts are increasingly focusing on nutrition for mental health patients

[Diet and Mental Health Article](#)

MINDFULNESS

Conscious/Mindful Eating

Mindful Eating is experiencing our food by focusing our attention on the senses moment by moment, without judgment. This approach is a great mindful meditation, but can be hard for us to do on a regular basis. **Conscious Eating** can be a more realistic approach to practice daily and become more mindful of our eating habits. Take a look!

[6 Ways to Practice Mindful Eating](#)

RESOURCES

CareATC PHA Draw

Register for a Personal Health Assessment (PHA) with CareATC. The PHA includes a check of your blood pressure, height, weight, waist measurement, and a blood draw. After your PHA Draw, *make an appointment with CareATC to review the results before April 10, 2024*, and you will be entered into a drawing to win one of four **\$50 AMAZON GIFT CARDS**, care of CareATC.



Staff who completed this process between December 2023 and February 2024 will automatically be entered in the drawing!

[CareATC Portal](#)



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