

MOOD BOOST

INTRODUCING...MOOD BOOST

An exciting new Chartwells K12 program for elementary and middle school students!

Something fun has happened in the Newtown PS Elementary cafeterias that started with the opening presentation November 20, 2024 when students had the opportunity to experience an exciting and nutritious program called "Mood Boost!" Designed to help students make the connection between what they eat and how they feel, Mood Boost brings new lunch menus, fun activities and a collection of characters called "Moodies" into the cafeteria.

Emerging research has shown that the foods we eat the most often may have an effect on how we feel, not just physically, but mentally. When eaten regularly Mood Boost foods, especially nutrient rich fruit and vegetables can help to elevate a person's mood and enhance or sense of well-being. These foods contain vitamins, minerals and antioxidants that communicate with our brain to support personal characteristics such as happy, alert, strong, calm and confident. This is the foundation for Mood

For nearly a year, Chartwells chefs and dietitians worked together to create Mood Boost specifically for elementary- and middle-school students and we're excited to launch it at the four elementary schools in the Newtown District. The seven-week program includes new menus that feature exciting and delicious mood-boosting ingredients, in addition to:

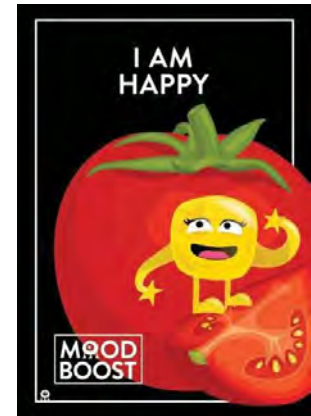
- The "Moodies", a series of six fun and engaging characters to help younger students recognize their different moods: Alert, Calm, Confident, Happy, Smart, and Strong.

MOOD BOOST!



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- Recipes kids love that prominently feature at least one significant ingredient per mood. For example, **Raspberries** with Chocolate and Basil (Alert); **Broccoli** Salad with Raisins (Calm); Roasted **Carrot** Fries (Confident); Citrus **Chickpea** Salad (Happy); Chilled **Apricots** (Smart); and **Blueberry** Salsa (Strong).
- Giveaways including collectible trading cards that feature the Moodies, information about key ingredients supporting each mood and recipes kids and families can make at home.
- Included in the giveaways are also Moodie Stickers and colorful wrist bands that are specific to each Moodie.
- See attached for a calendar that show the mood boost tasting events the students enjoyed.



Mood Boost is part of our effort to create a fun food environment to ensure students leave the cafeteria happier and healthier than when they came in.

Thank you,



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MOOD BOOST

MOOD BOOST TASTING EVENTS

| Week | Mood | Ingredient List |
|------|---|--|
| 1 | School Introduction November 20 | |
| 2 | Strong Blueberry Salsa December 3 & 5 | Blueberries, Red Onions, Parsley, Thyme, Honey, Red Wine Vinegar, Balsamic Vinegar |
| 3 | Calm Broccoli Salad with Raisins December 10 & 12 | Broccoli Fresh, Raisins, Granulated Sugar, White Vinegar, Milk, Mayonnaise |
| 4 | Happy Citrus Chickpea Salad December 17 & 19 | Garbanzo Beans, Cilantro, Onions, Celery, Green & Red Bell Peppers, Tomatoes, Black Pepper, Garlic, Lemon, Canola Oil, Oregano |
| 5 | Alert Raspberries with Chocolate & Basil January 7 & 9 | Raspberries, Chocolate Chips Semi Sweet, Fresh Basil |
| 6 | Smart Chilled Apricots January 14 & 16 | Apricots |
| 7 | Confident Roasted Carrot Fries January 21 & 23 | Carrots, Garlic, Black Pepper, Canola Oil |

