



Helping kids connect what they eat with how they feel as part of developing healthy eating patterns

Mood Boost introduces characters and icons that focus on six moods.



CT Grown for CT Kids week
October 2nd – 6th



Mood-boosting foods and recipes, along with fun promotional materials that educate students about the relationship of food to mood are featured.

At Lebanon Elementary, on Thursday Oct 5th during all lunch waves students will have the opportunity to taste a smoothie made with local milk and local fruits grown right here in town!

The lunch line will also feature a delicious Butternut Squash grown 2 miles from our lunch tables, and Apples from a neighboring Orchard.