



Food for Thought: New Mood Boost Program Teaches Students About the Connection Between Food and Mood

Innovative food education program highlights how food can boost certain moods with new lunch menus, tasting events, fun activities, and memorable characters

Emerging research suggests that the food we eat can affect our mental well-being. To help students learn what foods are may help them feel their personal best, Chartwells is launching a new program...Mood Boost. Students at WPS will soon be able to help kids learn that healthy eating patterns can give them an emotional boost. This initiative is another way WPS and its foodservice partner [Chartwells K12](#) are ensuring students leave the cafeteria happier and healthier than they came.

Designed by chefs and dietitians for elementary- and middle-school students, Mood Boost is a seven-week program that features interactive experiences, tasty new menus and fun characters that focus on six moods: **Strong, Alert, Happy, Calm, Smart, and Confident** and which foods can boost them and why.

The new Mood Boost program brings even more fun and education to lunchtime and helps students connect what they eat to how they feel which can only positively impact their well-being at school and beyond.

In SY 24, we will continue to cook up healthy meals while educating students about the relationship of food to mood and the importance of healthy eating through engaging demos, fun activities and collectible giveaways. Here's a taste of what's on the menu:

- **Strong:** Beets – maximize oxygen uptake for optimal physical performance



- **Alert:** Milk – important for memory, awareness and learning



- **Happy:** Yogurt – linked to feelings of joy and positive well-being



- **Calm:** Dark leafy greens – nourish the nervous system to reduce anxiety



- **Smart:** Beef – assists oxygen flow to brain



- **Confident:** Citrus fruit – creates collagen for healthy skin, hair and nails



Through Mood Boost WPS and Chartwells K12 continue to reimagine the in-school dining experience and work to ensure that students leave the cafeteria happier and healthier than they came in.

About Chartwells K12

Chartwells K12's goal is to make sure students leave the cafeteria happier and healthier than they came in, by serving food kids love to eat and creating custom dining programs. With more than 16,000 associates in 4,500 schools, ranging from large public institutions to small charter and private schools, Chartwells K12 is built on decades of food, education and operational experience driven by top culinary, nutrition, wellness, and sustainability talent. For more information, visit www.ChartwellsK12.com.