



Mental Health Matters Series - Topic Eight

# NUTRITION MATTERS

Welcome to our eighth topic of the Mental Health Matters Series:  
**Nutrition**







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**DOES WHAT AND WHEN  
MY CHILD EAT IMPACT  
THEIR MENTAL HEALTH?**

**YES!**

**DOES WHAT AND WHEN I  
EAT IMPACT MY MENTAL  
HEALTH?**

**YES!**



# Key Considerations

Eat breakfast before school or at school

Eat regular meals throughout the day - do not skip meals

Use meal times as a time to connect





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Read More about  
Nutrition & Mental  
Health Here

<https://www.gundersenhealth.org/health-wellness/eat/nutrition-and-your-mental-health>





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# Join us next week: **Friendships Matter**



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