



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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