

SUNDAY MORNING

Health Corner

Healthy Back-to-School Nutrition

As the school year approaches, ensuring our children have access to **nutritious meals** is critical for their academic success and overall well-being,

Nutritious meal planning can significantly promote **brain health and energy** for students, helping them stay focused and engaged throughout the day. Incorporating foods rich in omega-3 fatty acids, such as salmon and walnuts, can enhance cognitive function, while whole grains and fresh vegetables provide lasting energy and essential nutrients.

- Leafy greens like **spinach and kale**, are loaded with antioxidants and vitamins,
- Whole grains, including **quinoa and brown rice**, provide a steady release of energy,
- Fruits like **blueberries and oranges**, are packed with vitamins and antioxidants,

By prioritizing wholesome, balanced meals, we not only support our children's academic achievements but also foster lifelong healthy eating habits.



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