

THE FEEL-GOOD CHEMISTRY OF FOOD!



Different foods help our brain create chemicals that affect our mood.

Have you ever felt hangry
(**HUNGRY**
+ **ANGRY**)
before?

Try bananas, berries, oats, eggs
or yogurt for a happier mood!



#BanishHanger

#BustaMood

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FOOD ISN'T THE ONLY THING THAT CAN

BOOST YOUR MOOD!

Here are some ways to have fun and stay active **outdoors**:

take a short walk, ride a bike, play a team sport, swim or play an active game like capture the flag or tag.



Try taking time each day to engage in physical activity.



#FreshAirFitness

Here are some ways to have fun and stay active **indoors**:

dance party, jump rope, stretching/yoga, obstacle course or building a fort.



#GetMoving

#StayCozy

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AT HOME.

**Try this Recipe
that's full of
Joy-Boosting foods
like berries, bananas,
yogurt and oats!**

BANANA BERRY YOGURT SMOOTHIE

1 Cup Frozen Berries
1 Ripe Banana
1 Cup Plain Greek Yogurt
1/4 Cup Quick Oats
1/2 Cup Milk of Choice

Add ingredients to a
blender and blend until
smooth. Add more milk
if smoothie is too thick.

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GOOD SLEEP,

GOOD VIBES!

A good night's sleep can help our bodies recharge, leading to a better mood throughout the day. We need at least 8-10 hours every night!

#SleepWell

#SnoozeVsScroll

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