

Wellness (Our State of Mind)



Food Connects Us

The path to wellness often begins on our plates, the food we eat and our company.

Did you know that sharing a meal with a family member or a friend can have an overall impact on your mental health? Eating together creates a break from the pressures of daily life and allows everyone to relax and connect with one another. Sharing a meal strengthens relationships, it's an opportunity to talk, listen and connect. Family meals can help build closer families, strengthen communication and promote identity and a sense of belonging.

Food connects people in many ways including culture, memory or shared experiences. Food is a core part of our identity and the way we learn about others. Think about your grandmother's favorite recipe or the smell of her kitchen when she baked cookies. The flavor and aromas of food can trigger amazing memories and experiences. These shared experiences can strengthen connections among people.

Food is important to our stress, moods and emotional wellbeing. The goal is to have a well-balanced diet. A varied, healthy diet improves your memory, concentration, and can increase your level of optimism and protect your overall mental health. Good food is the foundation of genuine happiness.

Small steps towards a nutritional journey:

- Plan a family or friend dinner
- Focus on healthy recipes
- Try including more fruits and vegetables in your diet
- Read or educate yourself to enhance your knowledge about nutrition
- Document your journey, share recipes, tips or milestones. [Submit your favorite recipe using the form link here to be shared on our Health Matters page.](#)
- Visit farmer markets, get fresh produce and use nutritional ingredients
- Avoid Fast Food

Food for Thought!

Words may be horizontal, vertical, diagonal, or backwards

Acorn Squash	A	C	O	R	N	S	Q	U	A	S
Bulgur	S	A	P	K	E	A	D	L	I	N
Chard	N	M	E	D	R	M	P	O	P	C
Chicken	O	R	P	S	U	A	E	S	B	L
Edamame	O	Y	A	I	N	T	C	A	S	D
Honeydew	T	A	R	O	R	O	O	T	N	K
Kiwi	E	D	M	D	K	M	H	R	I	A
Lychee	R	B	E	E	Y	C	B	W	O	C
Okra	W	I	S	A	R	D	I	N	E	S
Parmesan Cheese	N	R	A	N	O	M	W	H	R	N
Popcorn	E	L	N	A	L	E	E	M	A	M
Sardines	K	U	C	S	A	T	S	G	S	T
Sesame Seeds	C	T	H	D	E	C	U	B	O	R
Tamarind	I	G	E	L	Y	H	R	A	O	M
Taro Root	H	Q	E	H	O	L	Q	D	M	W
Yogurt	C	H	S	P	G	R	N	L	G	E
	O	P	E	C	U	I	P	R	E	D
	P	W	G	B	R	P	K	H	N	Y
	L	I	O	A	T	U	C	P	A	E
	N	G	M	R	R	Y	E	H	T	N
	R	A	E	K	L	G	I	N	O	O
	T	O	L	B	A	D	W	E	C	H