

RMP LOCAL WELLNESS NEWSLETTER

October 2024

What's New!!

Celebrating National School Lunch Week and Healthy Halloween!

Happy October! This month is packed with exciting events and important initiatives focused on promoting nutrition and wellness. We are thrilled to celebrate National School Lunch Week and share some fun, healthy Halloween tips with you.

National School Lunch Week (October 14-18)

National School Lunch Week (NSLW) is a great opportunity to celebrate the benefits of healthy school lunches. This year's theme is "Now Playing: School Lunch!" Here are some ways we're celebrating at Rocky Mount Preparatory School

Healthy Halloween

Halloween is a fun and festive time, but it can also be challenging to maintain healthy habits with all the candy and treats.

Here are some ways we can work together to prevent childhood obesity:

- **Healthy Eating:** Encourage your children to eat a variety of fruits, vegetables, whole grains, and lean proteins. Avoid sugary drinks and snacks high in fat and sugar.
- **Physical Activity:** Ensure your child gets at least 60 minutes of physical activity each day. This can include activities like playing sports, riding bikes, or simply playing outside.
- **Limit Screen Time:** Encourage children to spend less time on electronic devices and more time being active. Aim for no more than 2hrs of recreational screen time per day.



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Fall Harvest

As we transition into fall, it's the perfect time to enjoy seasonal fruits and vegetables. Fall produce is not only delicious but also packed with essential nutrients. Here are some seasonal favorites to incorporate into your meals:

- Apples: Great for snacking or adding to salads.
- Pumpkins: Perfect for soups, pies, and roasted dishes.
- Squash: Versatile and nutritious, squash can be roasted, steamed, or added to casseroles.
- Sweet Potatoes: A nutritious alternative to regular potatoes, rich in vitamins A and C.

Mindful Eating

Mindful eating involves paying full attention to the experience of eating and drinking, both inside and outside the body. It can help prevent overeating and promote a healthier relationship with food. Here are some tips for practicing mindful eating:

- Eat Slowly: Take your time to chew and savor each bite.
- Listen to Your Body: Eat when you are hungry and stop when you are full.
- Avoid Distractions: Try to eat without watching TV or using electronic devices.

Appreciate Your Food: Take a moment to appreciate the colors, smells, and textures of your food.

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