

# OCTOBER | 2025 WELLNESS NEWSLETTER



**Theme: Fall Wellness**



## Nutrition Focus

- Add apples and pears to snacks
- Make soup or chili with fall vegetables
- Volunteer to help others in need

## Healthy Habits This Month

- Start a consistent bedtime routine
- Swap hot chocolate for cider
- Spend an afternoon at a pumpkin patch

## Fun Days to Celebrate

- 10/5 – World Teachers' Day
- 10/10 – World Mental Health Day
- 10/25 – Make a Difference Day

**ROCKY MOUNT PBEP  
CHILD NUTRITION DEPARTMENT**