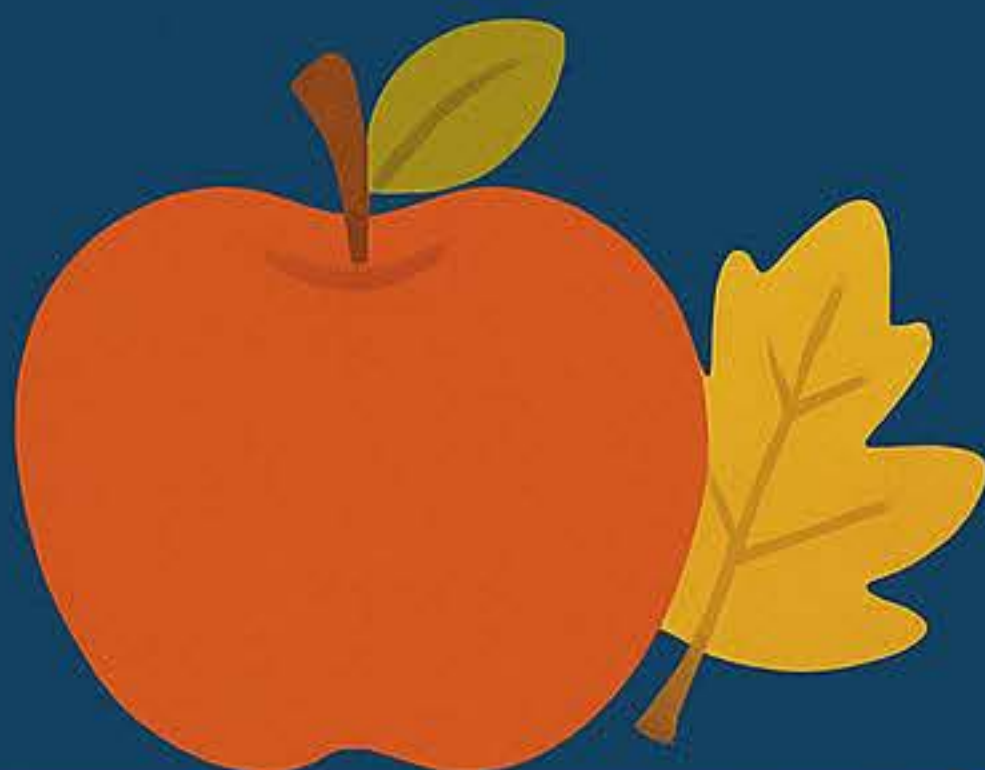


OCTOBER | 2025 WELLNESS NEWSLETTER



Theme: Fall Wellness



Nutrition Focus

- Add apples and pears to snacks
- Make soup or chill 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
- 10/25 – Make a Difference Day

ROCKY MOUNT PBEP
CHILD NUTRITION DEPARTMENT