



The Whole Child Spotlight Series highlights innovative work to improve student academic, social, emotional, behavioral, and physical health outcomes using the Whole School, Whole Community, Whole Child (WSCC) model.

Branford Public Schools **Mood Boost Event**

- Branford Public Schools held a wellness-focused food tasting event during lunch at the district's three elementary schools.
- Students tasted & learned about two nutrient-packed foods: a strawberry avocado smoothie and a broccoli cranberry slaw.
- Nutrition education focused on the benefits of these foods for emotional well-being.

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD
A collaborative approach to learning and health

WSCC is the CDC's framework for addressing health in schools. It's student-centered, emphasizing the role of the community and the use of evidence-based policies and practices.



Nutrition Environment & Services

Health & Nutrition Education

Social & Emotional Climate

Mood Boost and Whole Child Development

The mood boost event connected the school **nutrition environment** with **nutrition education**, creating an engaging and interactive setting to learn about healthy food. The event also supported **student emotional well-being** by helping students see the connection between what they eat and how they feel.



Impact of Event

Students were excited to taste the foods and learn how **eating fruits and vegetables supports both physical and emotional health**. Students received recipe cards that provided opportunities to cook healthy recipes outside of school, extending the impact of this event.

“ Our aim is to create a fun food environment where students leave the cafeteria happier and healthier than when they came in.”

- Alfonso Iaderosa, Food Service Director & active member of Branford Public School's Wellness Committee

Learn more at
ctwscc.org

This project is made possible by Grant Award NU58DP007315 from the Centers for Disease Control and Prevention (CDC) and the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). The content of this document does not necessarily reflect the official views of the CDC or the Department of Health and Human Services.

