

FOOD, FEELINGS, & FINDING YOUR CALM



*How Food &
Healthy Habits
Can Make You
Feel Better*

Stress and Your Health

Stress is how your body responds to challenges. It can affect your sleep, digestion, mood, memory, and immune system. Signs of stress include trouble sleeping, irritability, loss of interest in hobbies, changes in appetite, feeling isolated, and difficulty focusing.

Are You Hungry or Just Feeling Something?

Pausing and tuning into your body can help you choose foods that truly support how you feel.

- **Physical hunger signs:** stomach growling, low energy/fatigue, irritability, lightheadedness, or trouble focusing.
- **Emotional hunger signs:** sudden cravings, eating out of boredom or sadness, not satisfied after eating

Foods that Help You Feel Calmer

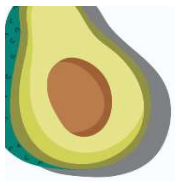
Some food helps your body and brain feel calmer and more focused.

- **Complex Carbs** - Oats, Quinoa, Sweet Potatoes, Brown Rice
→ Boost serotonin, your feel-good brain chemical
- **Protein-Rich Snacks** - Boiled Eggs, Yogurt, Hummus, Nut Butters, Edamame
→ Stabilize blood sugar and mood
- **Omega-3s** - Salmon, Walnuts, Chia Seeds, Flaxseeds
→ Support brain health and reduce anxiety
- **Magnesium-Rich Foods** - Spinach, Kale, Pumpkin Seeds, Avocados, Dark Chocolate
→ Relax muscles and calm nerves

- **Probiotic & Fermented Foods** - Yogurt, Kimchi, Sauerkraut, Miso, Kombucha
→ Support your gut, which connects to your mood
- **Herbal Teas** - Chamomile, Peppermint
→ Can help you relax and sleep better

Healthy Habits That Ease Stress

- Eat regular, balanced meals slowly and without screens.
- Keep balanced snacks handy to avoid energy crashes.
- Prioritize sleep, move daily, and connect with others regularly.
- Stay hydrated — thirst is often confused with hunger.
- Practice self-compassion. Emotional eating happens, and that is okay.



CENLA AAA Hot Menu December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Turkey Chili Cheesy Rice Green Peas Tossed Salad Wheat Bread Fruit & Grain Bar Margarine Ranch Dressing	Chicken & Sausage Jambalaya Whole Kernel Corn Green Beans/Red Pepper Wheat Bread Oatmeal Crème Cookie Margarine	Ham & Black-eyed Peas Steamed Rice Cabbage Cornbread Fresh Fruit Cranberry Juice Margarine	Hamburger or BBQ Pork Riblet Lettuce/Tomato/Onion Baked Beans Hamburger Bun Fresh Fruit Mustard Ketchup	Smothered Chicken Whipped Potatoes California Vegetables Wheat Bread Chocolate Cake Margarine
8	9	10	11	12
Beef with Burgundy Sauce Whipped Potatoes Carrots Wheat Bread Strawberry Craisins Margarine	Chicken Tenders Macaroni & Cheese Mixed Vegetables Fresh Orange Chocolate Pudding BBQ Sauce	Sausage/Red Beans Brown Rice Turnip Greens Pickled Beets Cornbread Apple Juice Margarine	Chicken Salad or Turkey & Cheese Lettuce & Tomato Carrot Raisin Salad Wheat Bread (2) Fresh Orange Mayonnaise Mustard	Frito Chili Pie with Cheese Chuckwagon Corn Green Peas Corn Chips Royal Brownie
15	16	17	18	19 SPECIAL
Baked Ham Honey Glaze Ranch Potatoes Peas & Carrots Wheat Bread Fig Bar Margarine	Shepherd's Pie California Vegetables Green Beans Wheat Bread Peanut Butter Cookie Margarine	Baked Chicken Breast Citrus Mojo Sauce Chantilly Potatoes Carrots Wheat Bread Marble Cake/Ice Cream Margarine	Sausage & Pinto Beans Brown Rice Cabbage Cornbread Raisin Crème Cookie Fruit Juice Blend Margarine	Pork Roast Pork Gravy Whipped Potatoes Country Corn Dinner Roll Gingerbread Cake Margarine
22	23	24	25	26
Chicken & Sausage Gumbo w/Rice Whipped Sweet Potatoes Okra & Tomatoes Saltine Crackers Fresh Fruit Margarine	White Beans/Sausage Steamed Rice Mixed Greens Cornbread Fresh Fruit Fudge Round Margarine	CLOSED	CLOSED	BBQ Meatballs or BBQ Chicken Green Peas California Vegetables Wheat Bread Oatmeal Crème Cookie Margarine
29	30	31		
Turkey Chili Cheesy Rice Green Peas Tossed Salad Wheat Bread Fruit & Grain Bar Margarine Ranch Dressing	Chicken & Sausage Jambalaya Whole Kernel Corn Green Beans/Red Pepper Wheat Bread Oatmeal Crème Cookie Margarine	Ham & Black-eyed Peas Steamed Rice Cabbage Cornbread Fresh Fruit Cranberry Juice Margarine	 TRIO Community Meals Nourishment through compassionate care.	Each Meal is Served with 1/2 Pint of 2% Milk