

April 2026

Wellness NEWSLETTER

HEALTH OBSERVANCE

Global Child Nutrition Month

Wellworks For You

Each year, Global Child Nutrition Month highlights the vital role nutrition plays in a child's growth, development, academic success, and long-term health. From infancy through adolescence, children require consistent access to balanced meals that provide essential nutrients for brain development, immune strength, bone health, and sustained energy.

Good nutrition supports more than physical growth. Research shows that children who eat balanced diets are more likely to demonstrate improved concentration, stronger memory, and better classroom performance. Conversely, food insecurity and nutrient deficiencies can negatively impact learning, behavior, and emotional wellbeing. Globally and locally, many children still face barriers to accessing nutritious foods, making awareness and advocacy especially important.

Proper nutrition extends beyond simply having enough food. It means regular access to nutrient-dense options such as fruits, vegetables, whole grains, lean proteins, and dairy or fortified alternatives. Establishing healthy eating habits early in life helps shape lifelong preferences and reduces the risk of chronic conditions such as obesity, type 2 diabetes, and heart disease later on.

Global Child Nutrition Month serves as a reminder that families, schools, healthcare providers, and communities all play a role in supporting children's health. Small, intentional choices can create meaningful and lasting impact.

Ways to Support Child Nutrition:

- Offer balanced meals and snacks that include multiple food groups
- Encourage regular family meals when possible
- Support school and community meal programs
- Model healthy eating habits at home
- Teach children age-appropriate nutrition basics

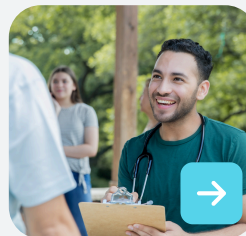
Source: https://www.cdc.gov/school-nutrition/facts/?CDC_AAref_Val=https://www.cdc.gov/healthyschools/nutrition/facts.htm



2 ENVIRONMENTAL WELLBEING AT HOME

Small Steps Toward a Greener Lifestyle

Environmental wellbeing starts at home, where sustainable habits can create a healthier space for you and a stronger planet over time.



3 NATIONAL MINORITY HEALTH MONTH

Reducing Health Disparities Through Community Support

Promote health equity through community support and improved access to care.



4 Featured Recipe

CONNECTEDNESS
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Environmental Wellbeing at Home: Small Steps Toward a Greener Lifestyle

Environmental wellbeing begins at home. The spaces where we cook, rest, and gather have a powerful influence on both our health and the planet. Fortunately, living more sustainably does not require a complete lifestyle overhaul. By making small, consistent changes in our daily routines, we can create a meaningful and lasting impact over time.

Start with simple habits. You can reduce energy use by turning off lights, unplugging electronics, and switching to LED bulbs. Be mindful of water consumption by fixing leaks promptly and shortening showers. In the kitchen, reduce food waste by planning meals, storing food properly, and composting when possible.

Choosing reusable items such as water bottles, shopping bags, and food containers helps limit single-use plastics. When making new purchases, look for durable, eco-friendly products and support companies committed to sustainability. Even bringing more plants into your home can improve air quality and create a calming environment.

By taking small steps and building sustainable habits, you contribute to a healthier home, a stronger community, and a more resilient planet.

Simple Ways to Start:

- **Switch to reusable household items**
Replace disposable products with long-lasting alternatives like cloth towels, refillable containers, and reusable shopping bags.
- **Reduce energy and water usage**
Turn off unused lights, unplug devices, adjust your thermostat, and be mindful of daily water consumption.
- **Minimize food waste**
Plan meals, store food properly, use leftovers creatively, and compost scraps when possible.
- **Choose sustainable products**
Look for items made from recycled materials, minimal packaging, or brands that prioritize environmental responsibility.
- **Add indoor plants for cleaner air**
Incorporate low-maintenance plants to help improve air quality and create a more peaceful home environment.

Source: https://www.biologicaldiversity.org/programs/population_and_sustainability/sustainability/live_more_sustainably.html

NATIONAL MINORITY HEALTH MONTH

Reducing Health Disparities Through Community Support

Wellworks For You

National Minority Health Month, observed each April, highlights the importance of improving the health of racial and ethnic minority communities and reducing longstanding health disparities.

Across the United States, many minority populations experience higher rates of chronic conditions such as heart disease, diabetes, asthma, and certain cancers. These disparities are often influenced by social determinants of health, including access to quality healthcare, education, safe housing, nutritious food, transportation, and economic opportunity.

Addressing these gaps requires more than individual action. Community support plays a critical role in advancing health equity. Local organizations, faith-based groups, and healthcare providers can work together to expand access to preventive care, offer culturally responsive health education, and create safe spaces for open conversations about wellbeing. Community health screenings, wellness programs, language-accessible resources, and peer support networks help individuals feel seen, heard, and empowered to take charge of their health.

Individuals can also make a difference by staying informed, supporting local health initiatives, participating in community events, and encouraging loved ones to prioritize preventive care. Building awareness and fostering open dialogue strengthens trust and helps reduce barriers to care.

For more information and tools, explore resources from the:

- [Office of Minority Health](#)
- [Centers for Disease Control and Prevention](#)
- [National Institutes of Health](#)
- [Healthy People 2030 initiative](#)

This National Minority Health Month, consider how you can support health equity in your community. Small, collective efforts can lead to meaningful and lasting change.



FEATURED RECIPE

Kid Friendly: Fruity Peanut Butter Pitas

Vegetarian

🍴 4 SERVINGS | ⌚ 10 MINUTES

INGREDIENTS

- 1/4 cup peanut butter
- 1/8 teaspoon each ground allspice, cinnamon and nutmeg
- 2 whole wheat pita pocket halves
- 1/2 medium apple, thinly sliced
- 1/2 medium firm banana, sliced

DIRECTIONS

1. In a small bowl, blend the peanut butter, allspice, cinnamon and nutmeg.
2. Spread the mixture inside pita bread halves.
3. Fill with apple and banana slices.

NUTRITION

Per Serving:	1 Pita Half	Per Serving:	1 Pita Half
Calories:	324	Protein:	12g
Carbohydrates:	36g	Dietary Fiber:	6g
Saturated Fat:	4g	Cholesterol:	0mg
Total Sugars:	13g	Sodium:	320mg

Source: [Source: https://www.tasteofhome.com/recipes/fruity-peanut-butter-pitas/](https://www.tasteofhome.com/recipes/fruity-peanut-butter-pitas/)

NOTE

Fruity Peanut Butter Pitas are simple to make, packed with nourishing ingredients, and perfect for little hands to help create. Inviting children into the kitchen encourages lifelong healthy habits and helps them feel more confident and excited about trying nutritious foods.

Here are a few age-appropriate ways children can help:

Ages 2-4:	Ages 5-7:	Ages 8+:
<ul style="list-style-type: none"> • Wash fruits under supervision • Tear pita into pieces • Help spread peanut butter with a child-safe utensil 	<ul style="list-style-type: none"> • Measure spices with guidance • Peel bananas • Arrange fruit slices inside the pita 	<ul style="list-style-type: none"> • Slice softer fruits with supervision • Mix ingredients • Assemble the pitas independently