

Annual Community Food Drive Is in Full Swing

By Jena Ritchie NBC-HWC

Embracing a holistic approach to health is a year-round priority at Moon Valley Chiropractic where we are devoted to whole-body wellness both inside the clinic and throughout the community. We are dedicated to delivering the best evidence-based practices, promoting smart nutritional choices, and giving with a full heart as we celebrate that our annual Community Food Drive collection is in full swing. It's the perfect time of year to streamline your pantries or cash in on holiday bonus sales in order to help our community stay strong all season by supporting wellness through good nutrition. When donating to a food drive, the most nutrient rich contributions are canned and non-perishable items that offer balanced, long-lasting energy.



Canned beans, lentils, chickpeas, tuna, and salmon provide high-quality protein and essential fats. Low-sodium canned vegetables and fruits packed in water or their own juices supply important vitamins without unnecessary sugar or salt. Whole-grain staples such as brown rice, oats, and whole-wheat pasta are versatile, nutritious, and easy to prepare. Shelf-stable nut butters, low-sodium soups, and milk alternatives round out well-balanced options that can be used in a variety of meals. These more nutrient-dense items don't just fill pantries; they support immune health and daily energy, which is especially important to wellbeing, especially during the busy holiday season.

Moon Valley Chiropractic emphasizes that wellness extends beyond the adjustment table. Pairing chiropractic benefits with healthy habits, nutrient-rich meals, adequate hydration, and reduced intake of processed sugars, creates a strong foundation. Nutritional science continues to show that diets especially abundant in vitamins A, C, and D; zinc; antioxidants; and whole-food nutrients can strengthen immune response and help manage inflammation, both of which are key for navigating seasonal stress and travel. Help us continue this health promoting tradition which also fosters unity, compassion, and community support ensuring that families in the valley and surrounding areas have the provisions they need during the holidays.

We wish to extend our heartfelt gratitude for the generosity shown in years past and welcome all contributions to help continue making a meaningful difference again this season. Together, with our neighbors, we feel blessed to share wellness, kindness, and healthy living across the valley. As schedules tighten and demands increase, maintaining good health is a crucial practice. Research in chiropractic and integrative health suggests that consistent care is important in immune system regulation by optimizing how the nervous system functions. Regular spinal alignments can reduce muscle tension, support nervous system communication, and enhance the body's natural ability to adapt. Come see us for your next chiropractic visit.

To donate to the community food drive, simply bring your extra canned goods and non-perishables now through Thursday, December 18th, to our lobby drop box during regular office hours or find us online at www.moonvalleychiropractic.com to learn more.