



NOURISH Notes—Families

A simple tap-to-open magnet/sticker that delivers momentary, meaningful, mental health and wellness resets alongside food and related supports provided through Helping Hands Ending Hunger programming—where care, community connection, encouragement, and nourishment come together.

What are Nourish Notes? Helping Hands Ending Hunger empowers students to join hands with their communities to nurture families. In partnership with TagsToTap, we have created Nourish Notes which enhance our student-led whole family outreach with a unique **“body + mind”** resource. One tap opens an uplifting, calming, age-appropriate supportive message focused on five mental health basics—**breathe, sleep, move, connect, nourish**.

What you'll receive

- **One Nourish Notes smart magnet** (1.5-inch round coin capsule) with a swappable insert and NFC tag inside.
- **Access** to age-appropriate mental resets for **Youth or Adults** (approximately 20 seconds of audio/script each).
- **Renewed focus** nurturing mind, body and soul.

How to use it (tap tips)

Tap the back of your phone to the Nourish Note, smart magnet and hold for a couple seconds.

Nothing yet? Slide the phone around a little — there's a sweet spot.

Android: NFC on using settings.

Tap the link, pick Youth or Adult, and take a breather.

Customize it (optional)

- Stickers and insert designs can be customized by students (great for STEAM projects).
- Magnets can be placed in a central location in homes where the entire family can use them.
- The sticker insert and NFC tag can be removed and placed anywhere convenient for on-the-go health (water bottle, school binder, backpack, laptop, etc.).

Privacy and safety

- **No logins. No names. No email. No student accounts.**
- Nourish Notes is for everyday stress and self-regulation for health and general well-being—not emergencies. **If someone feels unsafe or in crisis:** Call **911**. In the U.S., you can call or text **988** (Suicide & Crisis Lifeline).