



Wellness Wednesday:

Gratitude for the Great Outdoors

Key messages:

A lot of resources go into the growth and harvest of our foods, such as the sun, water, bugs, farmers, and more. Being thankful for all the resources that went into our food can help us feel more connected to the food we eat.

Activity:

Hold a piece of produce in your hand. Look at it and imagine this produce during its growth all the way to harvest.

What/Who can we thank for helping it grow? Try to name as many as you can.

Examples: The sun for giving it light and warmth. The rain for watering it well. The bees for helping in pollination. The farmers for tending to it each day.

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