

GRATITUDE FOR THE GREAT OUTDOORS



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 go into our food can help us feel more connected to the food we eat.

Activity:

- Hold a piece of fruit or vegetable in your hand. Look at it and imagine this produce's journey, from it's growth, to the harvest, to your home.
- Who/what 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 with pollination, the farmers for tending to it each day

