

GRAVITATE TOWARD GRATITUDE

PROMPT DECK

DESCRIBE YOUR FAVORITE FOOD MEMORY.

WHAT FOOD DOES YOUR FAMILY EAT OVER THE HOLIDAYS? DESCRIBE THE EVENT AND THE FOOD.

DESCRIBE SOMETHING FUN YOU DID TODAY.

SHARE THE STORY OF SOMETHING EXCITING THAT HAPPENED THIS PAST WEEK.

DESCRIBE SOMETHING YOU WERE THANKFUL FOR TODAY.

HOW DO YOU SHOW GRATITUDE TO YOUR FRIENDS AND FAMILY?

DESCRIBE A CHALLENGE YOU OVERCAME IN THE PAST WEEK.

DESCRIBE A PERSONAL STRENGTH YOU USED TODAY.

DESCRIBE YOUR FAVORITE MEAL TO EAT WITH FAMILY AND FRIENDS.

DESCRIBE YOUR FAVORITE SNACK AND WHO YOU'D LIKE TO SHARE IT WITH.

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PROMPT DECK

HOW HAS ANOTHER PERSON SHOWN THAT THEY CARE ABOUT YOU, WITHIN THE PAST WEEK?

TELL US ABOUT YOUR FAVORITE FRUIT OR VEGETABLE AND WHY YOU'RE GRATEFUL IT EXISTS?

WHAT'S YOUR FAVORITE FOOD TO MAKE? DESCRIBE THE PROCESS.

WHAT FOOD DO YOU HOPE TO LEARN TO MAKE ONE DAY?

WHO'S THE BEST COOK IN YOUR FAMILY? DESCRIBE THAT PERSON AND EXPRESS YOUR GRATITUDE FOR THEM.

DESCRIBE YOUR FAVORITE MEAL OF THE DAY (BREAKFAST, LUNCH, OR DINNER) AND EXPLAIN WHY IT'S SO SPECIAL.

EXPLAIN AN INSIDE JOKE YOU HAVE & EXPLAIN HOW IT CAME TO BE.

COMPLIMENT THE PERSON YOU'RE SHARING WITH!

DESCRIBE YOUR FAVORITE TOY AS A CHILD & WHY IT WAS IMPORTANT TO YOU.

SHARE A FUNNY EVENT FROM YOUR LIFE & THANK THE PEOPLE INVOLVED.

Fall into Gratitude

Food Appreciation BINGO

Use this bingo card as a tracker for how you are practicing gratitude this week. Remember, those who practice gratitude feel more connected, supported, and appreciated by those around them.

Give your family or friends an energy boost by handing out snacks!

Start a fun conversation during mealtime.

Expand your horizon and try a new food or snack!

Take a moment before your next meal to reflect on the hands who prepared it (from farm to table).

Express gratitude to the person that cooks your next meal.

Research small farms in your region or state. Follow one on social media!

Pay it forward the next time you're at a drive thru! You'll make someone's day.

Learn how your favorite fruit or vegetable grows!

Post a photo of your next home cooked meal online and give the chef a shout out!

Practice mindful eating: slowing down and using all your senses.

Cook a meal for someone you love to show how much you appreciate them!

Research seasonal fruits and vegetables in your area!



Learn about or visit your local farmers market!

Find a recipe for your favorite dish.

Tell someone about your favorite healthy snack.

Find out if your community has a Food Policy Council!

Thank someone for their patience with you when you were hangry.

Write an online review for your favorite local restaurant!

Research the environmental benefits of eating more plant-based foods.

Challenge yourself! Have a meatless day & try plant based dishes.

Hydrate! Drink 8 cups of water in a day.

Help clean up after dinner to show your appreciation.

Learn about the benefits of food assistance programs like WIC, SNAP, and the National School lunch program.

Volunteer at your local food bank.

Reflection: How did this weeks gratitude prompts go? Did you notice anything change as you practiced being more grateful?
