


Tips for More Grateful Kids



Once a year, the United States devotes an entire day to focus on spending time with loved ones and being thankful. But before the celebration begins, consider the opportunities this day presents to teach children about the important values of thankfulness, gratitude, and family. Below is a list of some absolutely doable strategies for fostering gratitude and mindfulness in your family, not just through the holidays, but all year around. **Here are 5 things you can do right now to foster an attitude of gratitude:**

- 1. Be generous and vocal about your thanks.** The best parenting strategy is to model the behavior we want our kids to adopt. In this case, don't miss an opportunity to say thank you– **give thanks and be specific about how that person made a difference for you.** When your kids see you generously giving thanks, they'll notice what a difference it makes and will learn what it feels like to make someone else's day with that praise.
- 2. Deliberately schedule service.** Consider making acts of service a priority in your family. Brainstorm ideas as a family for service activities that will make a difference. Then, schedule one or two per month – all year long. Your kids will develop a stronger sense of community and connection to service work. They'll **experience the joy that comes from making a difference in someone else's life.**
- 3. Make do with less.** It's easy for kids and adults to get accustomed to the good life. Unfortunately, that can lead to a life of expectation, and taking our blessings for granted. Once a month, **choose something your family can do without for a time.** Things like ditching take-out for a week, or going without television for a spell, or walking instead of driving somewhere close. When we “shut off” some of the conveniences, even for a short time, we can all better appreciate what we have.
- 4. Look for the silver linings.** The next time an unfortunate situation comes up, nip the doom and gloom in the bud by finding the silver lining. Missed the bus? You can have a sing-off in the car on the way to school. Just **recognize that every setback has a silver lining.** Your job is to help your children not only find it – but make a regular practice of looking for them.
- 5. Practice gratitude often.** Studies tell us that the most grateful people are the happiest. Bring a regular practice of gratitude into your home by adding a ritual to your daily routine. Making thankfulness part of your family rituals will help foster a sense of gratitude in your children that they will carry with them throughout their entire lives.

Source: <https://www.positiveparentingsolutions.com/parenting/five-tips-grateful-kids>

Program Reminders/ Updates and Announcements

Closures for CACFP: We will be closed for Thanksgiving on Thursday 11/23 and Friday 11/24. Please let your program consultant know of any upcoming closures for your daycare.

Raffle winner for signing up for KidKare: Provider's that switched to online claiming were entered into a raffle...and the winner: **Juana Hernandez.** Congratulations, Juana! You will receive a \$50 Visa gift card in the mail for switching!

Menu Ideas – Meatless Mondays

Breakfast				
Whole wheat waffle	Ham & egg scramble	Granola cereal	Low-fat mozzarella	Corn bread
plantains	pears	apples & cinnamon	cantaloupe	apricots
Milk (1% /whole)	Milk (1% /whole)	Milk (1% /whole)	Milk (1% /whole)	Milk (1% /whole)
Lunch or Dinner				
*Shrimp pasta	Ground turkey	5 bean salad	Tuna patties	Chicken Fajitas
whole grain pasta	quinoa	whole grain tortilla	whole wheat bun	wild rice
spinach	avocado	diced tomato	lettuce and tomato	bell peppers
grapes	persimmon	diced cucumber	fresh spinach	oranges
Milk (1% /whole)	Milk (1% /whole)	Milk (1% /whole)	Milk (1% /whole)	Milk (1% /whole)
Snack Am or Pm				
HM carrot bread	yogurt	apple sauce	hard boiled egg	chicken salad
milk (1%/whole)	raspberries	whole grain goldfish	baby carrots	whole grain crackers

*Shrimp, Leek, & Spinach Pasta

Ingredients:

- | | |
|------------------------|--------------------------|
| ¾ pounds short pasta | 2 leeks, chopped |
| 2 tbs olive oil | kosher salt/black pepper |
| 1 pound peeled shrimp | ¾ cup heavy cream |
| 10 ounces baby spinach | lemon zest |

Instructions: 1. Cook pasta according to package. In a separate pan, add olive oil, leeks, salt & pepper and stir for 3-5 minutes.

2. Add shrimp and cook another 4-5 minutes.

3. Add cream and 1/2 teaspoon of salt to the pasta and cook over medium high heat until pasta thickens 1-2 minutes.

4. Add shrimp mixture and spinach to pasta and toss to combine.

Serves: four



Source: recipe modified from www.minimalistbaker.com

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Training Corner- New Scannable Forms

Changes on the new CACFP's scannable form include:

1. **Daily Attendance:** Record your daily attendance in this box. This includes children that did not attend a meal service.
2. **Provider #:** The Provider ID box is now located on the top left hand corner.
3. **Signature and Date:** The signature box is now along the side of the scannable form, on the bottom left.

Visit us online: www.cbridges.org

Twitter: @puentes_sc

Facebook: communitybridgessc