

Giving

from ACORN 12/8/23

Giving is a big concept for young children. It requires them to go beyond their own wants and needs to think about others and what they might want, need and/or appreciate. It is also about learning that giving does not always mean giving something concrete. It can be an attitude, a gesture and a friendship.

What are some of the ways we at GNPnK support (and model) giving?

Mindfulness

We begin with practicing mindfulness - being mindful of our own feelings, what we need and want, and what we are thankful for. (We have been practicing “feelings” and “gratitude” with discussions, role play, art and other activities since September).

Kindness and Friendship

We have also been practicing ways to give kindness and friendship - taking turns in circle, discussing and using kind words, giving hugs, drawing a picture, smiling, and learning to share. We are also learning to say “thank you” and “you’re welcome”.

Giving to our Animal Friends

We are having ongoing discussions about what we can give to birds and other animals on our property at Holcomb Farm. Activities may include feeding our animal friends by gathering and then putting peanut butter and seeds on pine cones, and stringing (or scattering) cranberries and popcorn on the ground and trees.

*We are also **asking families to save their holiday trees** until after our winter break when we will go with the trees to Hayes Farm and give them to the goats (who love eating them).*

The Gift of Food

We are participating in gathering food to share with those less fortunate in our community. Families are asked to help their children choose something (non-perishable) from their pantry or the grocery store and to bring it in to our collection box. We are asking a family to volunteer to bring our offerings to the Granby Food Bank on our last day, December 15.

Granby Food Bank has indicated they need

**Non-perishable, non-expired goods*

**Hot & Cold cereals*

**Soups*

**Juice/Tea/Coffee*

**Dish soap/Laundry soap*

**Paper towels/Toilet paper*

**Holiday treats*

*At the end of this letter is a list of reminders about being mindful of what is most useful, and what might not be useful if not accompanied by other ingredients or cooking implements.**

**Wisdom From a Food Bank Volunteer (from a post on social media)*

Everyone donates Kraft Macaroni & Cheese in the box. But it needs milk & butter which is hard to get from food banks

Boxed milk is a treasure. Kids need it for cereal, which they get a lot of

Everyone donates pasta sauce & spaghetti noodles

Canned foods should be Pop tops OR donate can openers

Oil is a luxury needed for Rice-a-Roni which they get a lot of

Spices, Salt & Pepper are a real gift

Tea bags & Coffee are caring gifts

Sugar & Flour are treats

Important are fresh produce donated by farmers & grocery stores

Seeds are great in spring & summer because growing can be easy for some

Rarely is there fresh meat

Tuna & Crackers make a good lunch

Hamburger helper goes nowhere without ground beef

They get lots of peanut butter and jelly but NEED sandwich bread

Butter or margarine are good

Eggs are a commodity

Cake mix & frosting makes it possible to make a child's birthday cake

Dishwashing detergent is very expensive & is always appreciated

Feminine hygiene products are a luxury & women will cry over them

Everyone loves Stove Top Stuffing

Bonus: Cash makes it possible for the Food Bank to buy what's missing and buy in bulk.