

GIVEWISE DECEMBER 2020

S	M	T	W	TH	F	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FRIDAY 04

Spend 5 minutes sharing these three things with your family:

1. Your least favorite part of your week
2. Your most favorite part of your week
3. What you look forward to next week

SATURDAY 05

Take a moment to read about [food justice](#) or discuss with your family. By educating yourself, you are better prepared to take action to help others

SUNDAY 06



TasteWiseKids

tastewisekids.org

Have Fun and
Happy Tasting!

We at TasteWise Kids are so grateful for our staff, partners and the community we serve. We wanted to demonstrate our gratitude and help you participate in the act of giving too. Use this calendar as a way to **explore food, connect with others, show gratitude and give back** to your community and yourself. You can participate every day or whenever works for you!

SATURDAY 12



SUNDAY 13

Make a point of buying something from a [BIPOC owned business](#), whether food related or not.

Use this calendar as a way to explore food, connect with others, show gratitude and give back to your community and yourself. You can participate every day or whenever works for you!

“THE SHARED MEAL ELEVATES EATING FROM A MECHANICAL PROCESS OF FUELING THE BODY TO A RITUAL OF FAMILY AND COMMUNITY, FROM THE MERE ANIMAL BIOLOGY TO AN ACT OF CULTURE.”
--MICHAEL POLLAN

TUESDAY 01

Today is Giving Tuesday. Our gift to you this year is this calendar. [Sign up](#) to get new ideas for giving all month long.

WEDNESDAY 02

Give a new food a try. See our [Recipe Box](#) for ideas.



TasteWiseKids
tastewisekids.org

GIVE WISE
DECEMBER

WEEK 01

THURSDAY 03

Share a picture of a food you ate this week with us on [Facebook](#) or [Instagram!](#)

FRIDAY 04

Spend 5 minutes sharing these three things with your family:

1. Your least favorite part of your week
2. Your most favorite part of your week
3. What you look forward to next week

SATURDAY 05

Take a moment to read about [food justice](#) or discuss with your family. By educating yourself, you are better prepared to take action to help others.

SUNDAY 06



MONDAY 07

Send a letter, text or give a phone call to someone you haven't talked to in a while.

TUESDAY 08

[Submit](#) a question about food, farming and nutrition to be answered in our Ask an Expert series.

WEDNESDAY 09

[Donate](#) food or funds to a local food bank or shelter.

THURSDAY 10

Give friends and family suggestions about great local farms, restaurants and other food organizations to support.

FRIDAY 11

If you can, [make a donation](#) to TWK to support our work teaching kids how to build healthy eating habits.

SATURDAY 12



SUNDAY 13

Make a point of buying something from a [BIPOC owned business](#), whether food related or not.



TasteWiseKids

tastewisekids.org

**GIVE WISE
DECEMBER**

WEEK 02

Use this calendar as a way to explore food, connect with others, show gratitude and give back to your community and yourself. You can participate every day or whenever works for you!

MONDAY 14

Give your pantry or refrigerator a good clean. Evaluate how you might be able to reduce food waste in the future.

TUESDAY 15

Share a [TWKatHome Activity](#) with someone you think might enjoy it! Can't decide which one? Send them the link for our entire TWKatHome series!

WEDNESDAY 16



Share a favorite recipe or cooking tip with a friend or family member.

THURSDAY 17

Read about farmers of color and [racial equity](#) in the food industry.

FRIDAY 18

Give a food you think you don't like [a second try](#).

SATURDAY 19

Set aside time to cook one meal with your family--get everyone involved, kids especially.

SUNDAY 20

Have a leisurely breakfast in your pajamas today.

Use this calendar as a way to explore food, connect with others, show gratitude and give back to your community and yourself. You can participate every day or whenever works for you!



TasteWiseKids
tastewisekids.org

**GIVE WISE
DECEMBER**

WEEK 03

MONDAY 21

Read our [interview](#) with Chef Activist, **Catina Smith** who works to support and spotlight Black female Chefs.

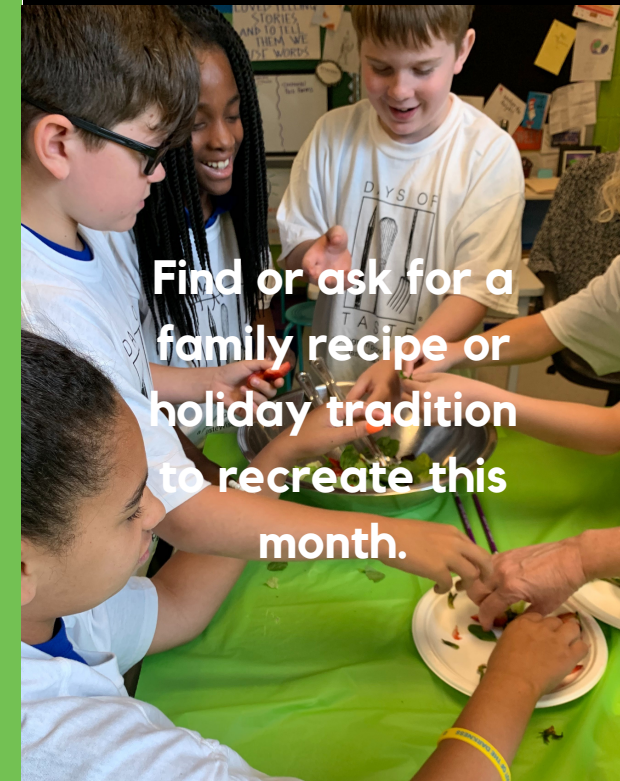
TUESDAY 22

Watch Farm to Chef 2020 with your family (reach out to us if you would like an accompanying family package) - over \$5 donation gets you a permanent link!

WEDNESDAY 23

Offer to do an extra chore around the house today like doing the dishes, cooking a meal, or making the grocery list.

THURSDAY 24



Find or ask for a family recipe or holiday tradition to recreate this month.

FRIDAY 25

Share a good memory you have of spending time with loved ones from a previous year.

SATURDAY 26

Share a [story](#) about a great food you had once. You can write it down or tell it out loud to friends and family.

SUNDAY 27

Share a warm holiday drink like hot cocoa or spiced cider with friends and family.



TasteWiseKids
tastewisekids.org

**GIVE WISE
DECEMBER**

Use this calendar as a way to explore food, connect with others, show gratitude and give back to your community and yourself. You can participate every day or whenever works for you!

WEEK 04

MONDAY 28



Share your plans for improving your eating habits with your family.

TUESDAY 29

Give yourself a moment to breathe and relax. Reflect on the things in your life that bring you joy.

WEDNESDAY 30

Share [feedback](#) with TasteWise Kids about content you've liked or things you want to see in the future.

THURSDAY 31

Did you enjoy this calendar? Follow TWK on [Instagram](#) and/or like us on [Facebook](#) for more content like this.



TasteWiseKids
tastewisekids.org

GIVE WISE
DECEMBER

WEEK 05

Use this calendar as a way to explore food, connect with others, show gratitude and give back to your community and yourself. You can participate every day or whenever works for you!

“ONE OF THE VERY NICEST THINGS ABOUT LIFE IS THE WAY WE MUST REGULARLY STOP WHATEVER IT IS WE ARE DOING AND DEVOTE OUR ATTENTION TO EATING.”
--LUCIANO PAVAROTTI



Thank you so much for participating and supporting TWK in our work to build healthy eating habits among kids. We hope you enjoyed this calendar and Happy New Year!