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TasteWiseKids

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05	06	07	08	09	10	11
12	13	14	15	16	17	18
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26	27	28	29	30	31	

GiveWise
December



WEEK 1

Use this calendar to explore food, connect with others, show gratitude and give back to your community and yourself. Participate every day or whenever works for you!



WEDNESDAY 01

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

THURSDAY 02

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

FRIDAY 03

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

SATURDAY 04

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

"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

SUNDAY 05

Share a meal with someone you love, whether in person or virtual.

MONDAY 06

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

TUESDAY 07

Send someone a song to listen to that you've really been enjoying recently.

WEDNESDAY 08

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

THURSDAY 09

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

FRIDAY 10

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

SATURDAY 11

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



WEEK 2

WEEK 3

SUNDAY 12

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

MONDAY 13

Share a [TWKatHome Activity](#) with someone you think might enjoy it.

TUESDAY 14

Take a walk in nature and bring along gloves and a bag to pick up trash as you go.

WEDNESDAY 15

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

THURSDAY 16

Learn about [the job of a farmer](#) and different ways you can express gratitude for their work.

FRIDAY 17

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

SATURDAY 18

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



SUNDAY 19

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

MONDAY 20

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

TUESDAY 21

Spend an hour taking care of yourself today. This could mean a nap, stretching, drinking water, or meditating.

WEDNESDAY 22

Consider [volunteering](#) at an organization you care about.

THURSDAY 23

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

FRIDAY 24

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

SATURDAY 25

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



WEEK 4

WEEK 5

SUNDAY 26

Have a leisurely breakfast in your pajamas today.

MONDAY 27

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

TUESDAY 28

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

WEDNESDAY 29

Have an awesome story about food and how you connect to it? [Submit it](#) as a guest blog to be published on TWK's website!

THURSDAY 30

Share your plans for improving your relationship with food with your family.

FRIDAY 31

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



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