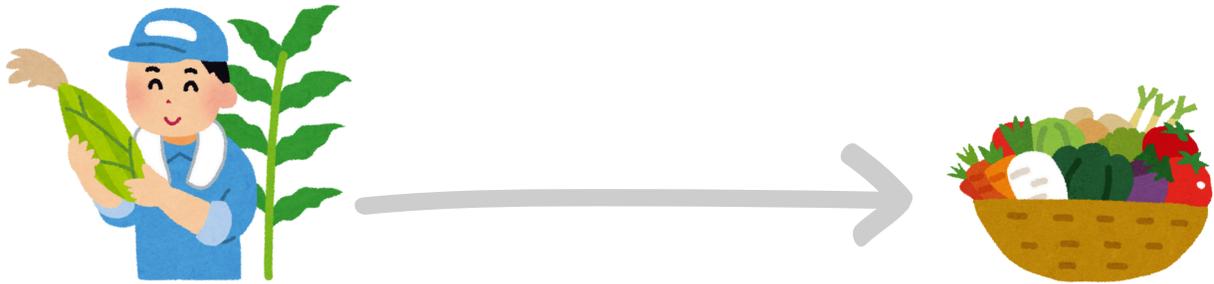


MINDFUL EATING ACTIVITY: THANK THE FARMER



The food in front of us has gone through a journey from the earth to our table. Map out the process brainstorming where the food grows, who tends to it, how it's harvested, how it travels, and how it gets prepared and purchased. When we are able to appreciate the many hands and elements that nourish us, what do you notice?

