

The light opens up and I walk in, the day invites me to begin. I ask the day, "How shall I start?" So says the day, "With a wish upon your heart."

Meal Ideas!

I loved hearing from families the meals that hold rhythm for them and thought to share ideas I'm personally excited about



- Macaroni Monday**
- Taco Tuesday**
- Wild Wednesday** (get silly with this meal day:)
- Thai Thursday**
- Pizza Friday**
- Surprise Saturday** (introduce a new cuisine)
- Spring Roll Sunday!**

Monday, April 27, 2020



If weather is nice consider making your meal a picnic, and let stuffed animals come too!

Let your child show them how to do blessing and help the stuffy with eating and cleaning up dishes

Also have fun making beverages with your child, squeezing oranges for OJ, making horchata or hot cocoa on rainy days, gathering herbs for tea with honey

