

PUPPY

Spring POST 2021



Hey, Penny and Buck!
It's so good to see you!

Oh, Bill and Buck...you
too. It's good to be
outside, don't you think?



Hey, I'm so glad to see you both.
It's been so long with nowhere to go.



One good thing about staying
close to home is that we've
saved some extra money.

I was thinking I'd use some of my
extra money to help others who
have been struggling... I thought
I could buy some chalk and make
a nice picture on my neighbor's
sidewalk.



My mom and I are going to the
grocery store. Maybe we'll pick
up some food items to donate
to a local shelter.

Oh! Maybe I could buy some nice paper
and crayons and make notes to cheer up
some of the residents at the senior
citizens' center where my grandma lives.

See!? We really can help others if
we put our pennies together.



On the next page, find a whole list of easy
ways to help others for not much money.

A Month of Helping Others



Here are ways to SHARE (part of Save, Spend and Share) with others using little or no money at all. You can do some of these as a whole family and pick a different way to help each week for an entire month:

Before you begin:

- Be vigilant in washing hands thoroughly before handling and shipping anything to other people outside your family – especially to seniors.
- Social distancing is MUST. Follow all local guidelines.
- Do not do send or handle anything if you or a family member isn't feeling well or has any symptoms of COVID-19.
- Any week can be a combination of themes. Do what fits your family.



Week 1: Operation Senior Salute

- Write letters to local Veterans' homes or nursing homes. Share jokes, bright colorful pictures, or positive notes letting them know they are not alone
- Ask a senior to be a pen pal
- Check in with grandparents. Have a virtual dinner party with them or play a board game with them over screen
- Drop off surprise packages of needed groceries, puzzles, or dog/cat food to seniors in your community
- Donate gift cards from grocery stores to seniors
- Offer to go to the store or run errands for a senior nearby



- Drop off stamps, note cards, and pens so seniors can reach out to family and neighbors
- Make a homemade face mask for a senior

Week 2: Operation Deployed Not Forgotten



- Visit operationtroopappreciation.org/community-involvement
- Adopt a military family with a deployed service member
- Mow their grass
- Drop off groceries
- Leave games for their kids to play
- Make a meal
- FaceTime to play games
- Watch a movie together on Netflix
- Invite them outside for a social distancing picnic
- Go on bike ride with their kids
- Send care packages
- Send encouraging notes to deployed families



Week 3: Operation Nice Neighbor

- Select a neighbor(s) to lift their spirits
- Deliver a surprise "pick me up" to them every day
- From gift cards, nice notes, flowers, games, or extra rolls of toilet paper – spread the kindness and cheer
- Chalk up their walkway with nice sayings, happy pictures and colorful drawings
- Rake a few leaves, plant some flowers, or clean up around their house



- Reach out to a classmate you haven't seen since school. Ask how they are doing. Reach out to a student with disabilities, too. Connect with a game online, messaging or video chat. Stay connected to someone new
- Make a homemade facemask for your neighbor



Week 4: Operation Give and Thanks

- Drop off extra food to a local food bank
- Paint river rocks purple and write positive words on them. Hide them in plain sight around your neighborhood and walking trails
- Make a video of kids/students thanking teachers for their dedication
- Chalk Your Walk – chalk up your trails, sidewalks and bike paths with encouraging notes
- Leave drinks and packaged snacks or tips for post office workers or Amazon delivery drivers
- Buy meals for local hospital workers, nurses and staff
- Send notes of thanks and encouragement to hospitals, doctor's offices, or local health department workers
- Send notes of thanks and tips to grocery store employees
- Send notes of thanks and gift cards to local police, fire, and EMS
- Send a note of thanks to local pharmacy staff



Puppy Groomers

A Guide for Teaching Kids About Money

Giving As A Family

Mister Rogers said when things are scary, we should look for the helpers. And as we live through these changes, families are surrounded by a lot of scary news. But the good news is we're also surrounded by helpers. There are doctors and nurses keeping us healthy, grocery store and agricultural workers keeping us fed, and neighbors and delivery service workers running errands so that vulnerable friends and family can stay home.

Mister Rogers wanted us to know that no matter the problem, there will always be people trying to solve it. That means there will always be someone to be grateful for! And thanking others is one way children (and adults!) can begin to feel some control over difficult situations and big emotions.

Help With Cooking

Since you are helping others this spring, why not make dinner one night and help the main cook in your family? Mom or Dad will help you brown the beef, but you can do most everything else for this easy "Walking Tacos" recipe:

Ingredients

- 1 pound lean ground meat
- 1 (1 ounce) package taco seasoning mix
- 4 (2.5 ounce) packages corn chips
- 2 cups shredded lettuce
- 1 chopped fresh tomato
- 1 cup shredded Cheddar cheese
- 1/3 cup salsa
- 1/2 cup sour cream

Directions

Step 1

With an adult's help, cook ground meat over medium heat until browned. Mix in the taco seasoning and prepare according to directions on packet.

Step 2

With the bags unopened, gently crush the corn chips. With help from an adult, slit open the bags along the side edge. Spoon meat mixture, lettuce, tomato, cheddar cheese, salsa, and sour cream into the bags on top of the crushed chips. Eat with a fork right out of the bag! Serves 4



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