



RECEIVE A GIFT GRACEFULLY

With the holidays coming up, you may be fortunate enough to get gifts from family or friends. Here are ways to let them know how much you appreciate their thoughtfulness.

- 1. Express your thanks.** After you open a gift, say thank you right away and then try to mention something specific you like about what you received. For example, maybe you love the color of the item.
- 2. Keep it positive.** If you happen to not care for a gift you received or already have a similar item, try to respond with the spirit of giving in mind. Instead of saying you don't like the gift or don't need it, say, "Wow! What a gift!" or "Thank you so much for thinking of me."
- 3. Send a note.** Even if you said thank you in person, it is still polite to follow up with a simple written card. Write a few sentences thanking the gift giver, and include why you like the present you received or how much you appreciate the thought.



DID YOU KNOW?

The Maya people in Mexico were the first to make hot chocolate. They created it with hot chili peppers.

WARNING!

Ask an adult's permission before using a knife and the stove.

Make cocoa with marshmallow bears

Ingredients

- Jumbo marshmallows
- Regular marshmallows
- Mini marshmallows
- Junior Mints
- Black nonpareils
- 3 cups whole milk
- ¼ cup unsweetened cocoa powder
- ¼ cup granulated sugar
- 1 ounce bittersweet chocolate, chopped

Instructions

- 1.** First, make the marshmallow bear toppers. Start by carefully cutting jumbo marshmallows, using either a knife or kitchen scissors, in half crosswise and setting them down with the cut side up. (The cut side will be sticky, so you can add the rest of the decorations directly onto it.)
- 2.** Next, cut regular-size marshmallows in half crosswise and immediately stick half of a marshmallow to each jumbo marshmallow piece, again with the cut side up. Stick Junior Mints on top of the smaller marshmallows for the noses. Stick two black nonpareils above the nose on each one to make the bear's eyes.
- 3.** Cut mini marshmallows in half crosswise and stick two pieces to each jumbo marshmallow as the bear's ears. Repeat this process to make as many bears as you'd like.
- 4.** Once the toppers are ready, make the hot cocoa. Warm the milk over medium heat until it is just starting to simmer. Whisk in the cocoa powder and sugar until completely dissolved. Add the chocolate and stir until melted.
- 5.** Pour cocoa into mugs and top with a marshmallow polar bear.



ECO TIP OF THE WEEK WRAP GIFTS SUSTAINABLY

During the holiday season, most wrapping paper used to wrap presents gets thrown away. This can be harmful to the environment because gift wrap and ribbons end up taking up space in a landfill. However, there are ways you can wrap presents nicely while still being mindful of the environment. One option is to wrap items in brown kraft paper. This paper can be recycled or composted (turned into a mixture that improves soil), which makes it a more environmentally friendly option. You can use string you already have at home to tie packages and add special touches by repurposing holiday decor. Another option is to use gift bags instead of wrapping paper, as bags are more easily reused.

You can use recyclable paper.

