



5TH MOON

ABTE NIB GISES

HALF SUMMER MOON

BAP`E (TO LAUGH)

Half summer moon is a time of the year where the plants around us are growing and maturing. We are reminded of this blooming when we participate in food processes with our family such as gardening, cooking, hunting, and fishing. When we are doing these things, we think about what's to come of the work we are doing: the fruits, vegetables, and meals that will blossom from our labor. We are forward thinking and have a growth mindset as we visit, laugh, and share stories with the ones we love. We have a relationship to each other and our land and our water. As we grow and blossom ourselves, we should always remember that laughter is the best medicine. Laughter connects and heals us throughout our life.

What opportunities can you make to laugh with your child this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Abte Nib Gises	Ahp-tuh Neeb Gee-zis	Half Summer Moon
Nyanen	N-yah-nih-n	Five
Gigo	Gee-Goh	Fish
Bap'e	Bahp-uh	To Laugh
Gtegan	Gt-ih-gun	Garden

"IT'S JUST NICE TO GATHER,
AND IT'S FUN TO SEE THAT MY
SON ENJOYS IT. EVEN BEING 10
YEARS OLD, HE JUST LOVES IT.

HIS GRANDPA WAS MORE
EXCITED THAT HE'S OUT THERE
HUNTING. HE DOESN'T EVEN GO
OUT AND HUNT THAT MUCH
ANYMORE BECAUSE IT'S
GETTING HARD FOR HIM TO GET
OUT THERE, BUT HE STILL
KEEPS THE FIRE GOING IN THE
GARAGE SO THEY CAN WARM UP
WHEN THEY COME IN."



HEALTHY SNACKS

APPLE PIE OATMEAL

Make one packet of microwave oatmeal with low-fat milk. Mix in $\frac{1}{4}$ cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.



PARFAIT

Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

BANANA SPLIT

Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.



RECIPE NOTES:

TIPS:

1. **Anytime you do something new with your child, demonstrate it first.**
2. **Have your child choose a recipe they want to make that week, and gather the ingredients together.**
 - a. This helps your child take initiative and become responsible for and engaged with the family meal that week!
3. **It's great to make food when you're happy.**
 - a. Emotions and energy spread into the food.
4. **Don't be afraid of the mess.**
 - a. Your child will learn from these experiences and may want to eat new things!
5. **Make it fun!**

NOTES:

