



+ Chobani®

Happy to Help

Ready, set, help! Come along with Kalamata and Al Dente and complete the challenges below. See how you can help around the house and in your community, and learn about others who are helping too!

Name: _____ Age: _____ Date Completed: _____



- Take the Taste Bud Pledge: "I promise to keep my mind open and my fork ready, to try each new food at least two times and share what's on my plate when someone doesn't have enough."**



- Discover hidden helping words in the word find**



- Find a way to get Al Dente through a maze and to the Chobani Pantry**



- Color a 'thank you' picture using the colors of the food rainbow**



- Help a grownup make a shopping list**



- Help a grownup make their favorite recipe and have a taste**



- Learn how to say thank you in 5 different languages**



- Describe your favorite food to a friend to help them understand why you love it**



- Write a thank you letter to a food helper (ex. someone at the grocery, a favorite restaurant, or a lunchroom worker).**

Once you're done, share a picture of your completed passport with **#MindOpenForkReady** then head over to:

[KalamatasKitchen.com/HelperPrize](https://www.kalamatasKitchen.com/HelperPrize)



Helping Words Word Search

Find the helping words below (and there may be a few of Kalamata's favorite words too!)

B	K	G	I	V	I	N	G	O
H	A	P	P	Y	R	K	O	I
X	N	K	F	A	O	X	O	T
G	O	Y	I	O	X	U	L	U
R	H	E	C	H	V	U	E	O
O	K	A	U	O	F	V	T	Y
C	E	H	R	K	W	L	P	R
E	R	G	N	A	R	X	O	R
R	A	A	R	P	T	V	T	A
A	H	E	L	P	E	R	K	C
T	S	S	C	E	N	G	E	R
O	F	F	S	E	R	V	E	R

Helper

Share

Giving

Happy

Server

Carryout

Thankful

Grocer

Cook





So Many Ways to Say Thanks

Find out how to say 'thank you' in different languages. Try saying it out loud with a grownup. Al Dente thinks 'Arigato' sounds a little like Alligator!

"Gracias"

(GRAH-syahs)

Spanish

"Spasiba"

(spuh-SEE-buh)

Russian

"Xie xie"

(SHE-eh SHE-eh)

Chinese (Mandarin)

"Merci"

(MEHR-see)

French

"Shukran"

(SHOE-kran)

Arabic

"Grazie"

(GRAHTS-yeh)

Italian

"Arigato"

(or-ree-GAH-toh)

Japanese

"Dhanyavaad"

(DHUN-yuh-vaad)

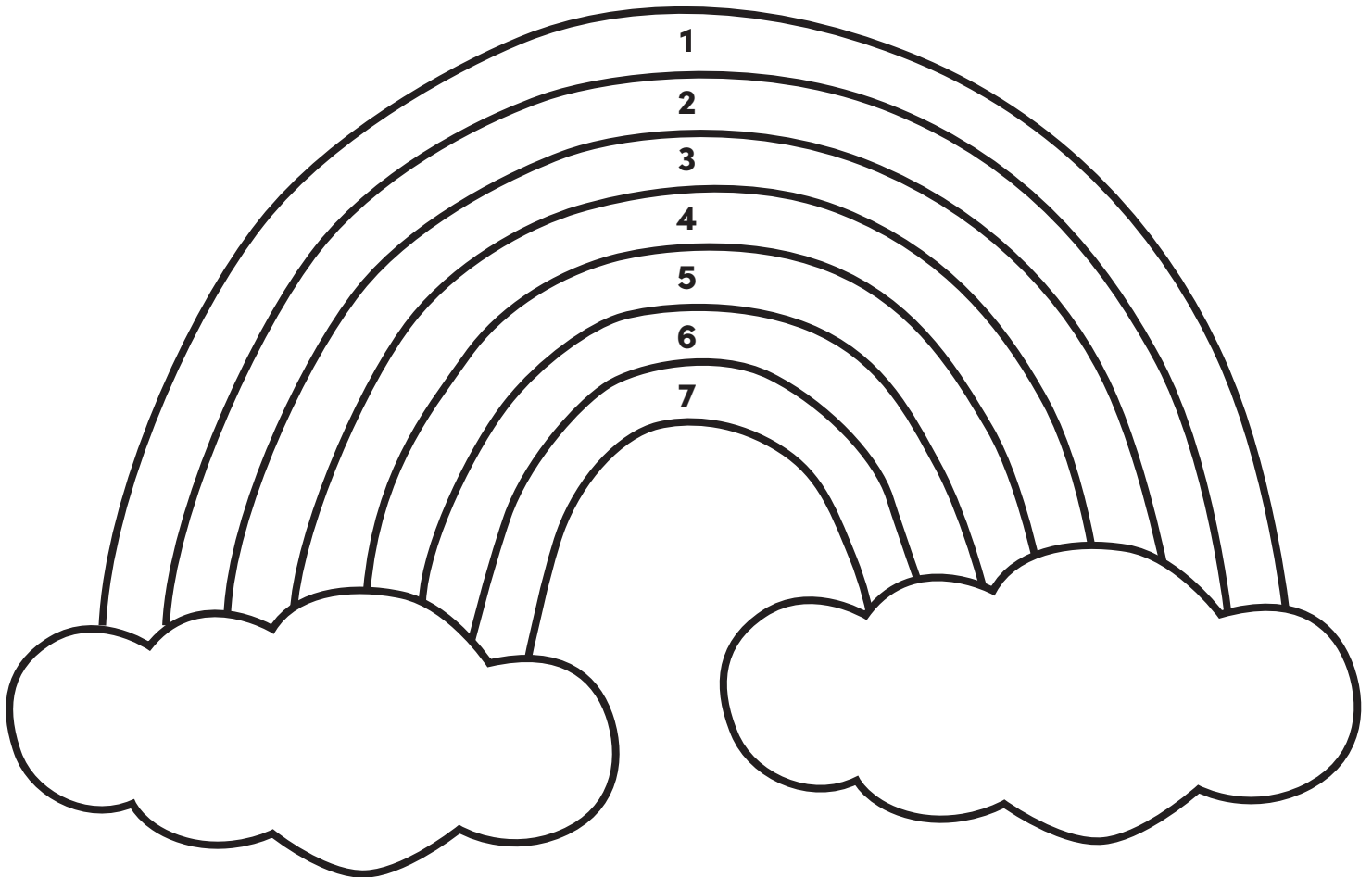
Hindi





Hang a Sign of Thanks

Say thank you to all the helpers in your community. Color this picture using the colors of the food rainbow and hang it up in your window.



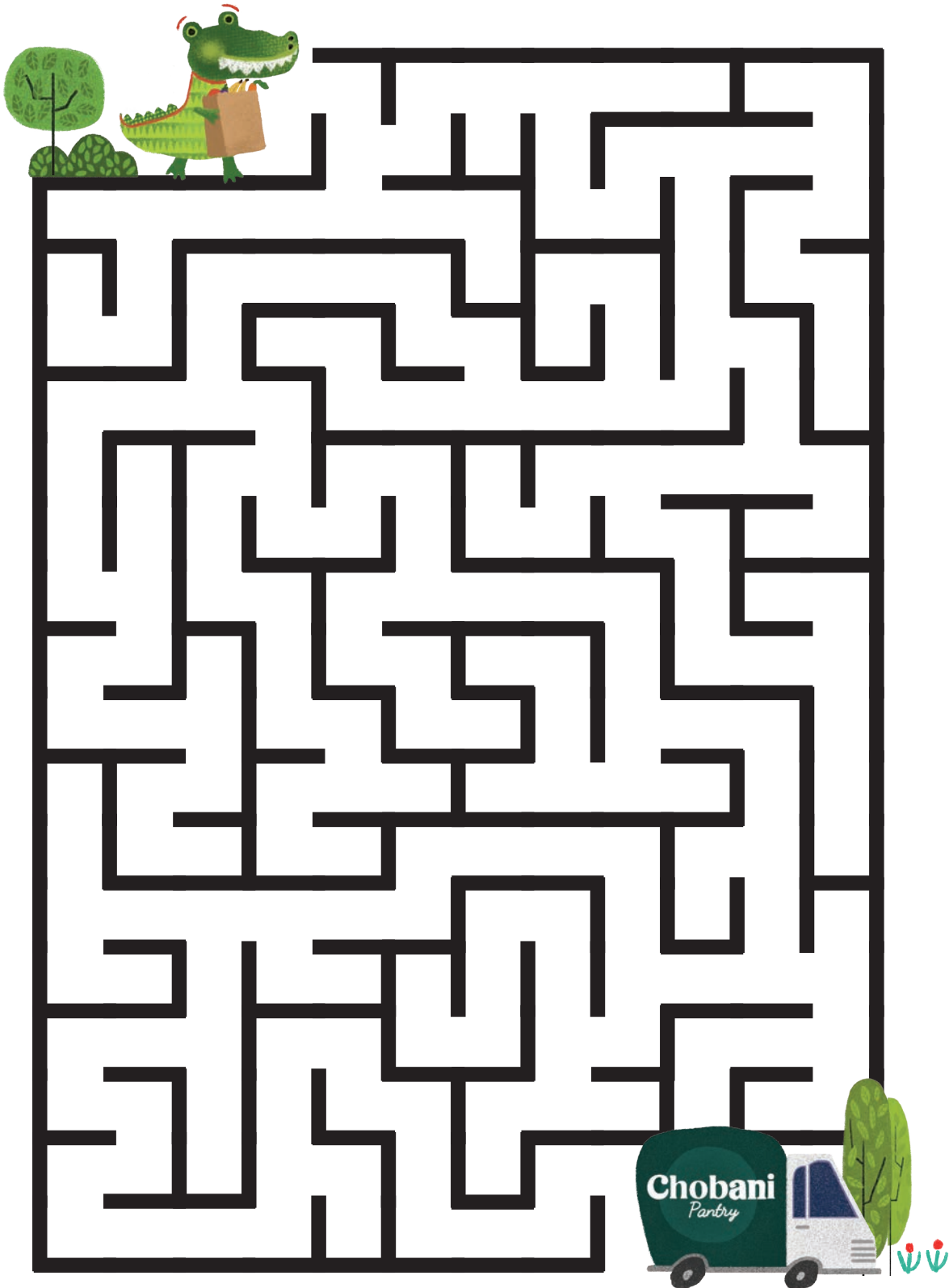
1. Ripe Radish Red
2. Juicy Orange Orange
3. Yummy Pineapple Yellow
4. Granny Smith Apple Green
5. Fresh Blueberry Blue
6. Appetizing Eggplant Indigo
7. Plump Plum Purple





Al Dente Delivery!

Al Dente is helping to deliver food to the Chobani Pantry, but he doesn't know the way to get there! Help him find his way through this maze, so he can help this organization provide food bank heroes with nutritious food, giving support to all who need it most.





Dear

,

(Psst! Write your food helper's name here!)

From

(Your name goes here!)