

the FEED

Issue 11

August 2023

Eco-Friendly Lunch Ideas

Waste-free lunches
to pack for school!

Importance of Showing Up

What does it mean
to be present with your kids?

The Season of Parenting That Doesn't Come Back:

A letter from Grace on the importance
of seasons.

How to ignite Back to School Spark

Getting kids excited to
hit the books!



Dear JJB Readers,

August begins, yet I find myself still mentally stuck in July. I am reflecting on my time spent in Portugal during the patriotic week. Oddly, I feel a sense of relief for missing out on the 4th of July festivities in America. Thinking about all of the fireworks, gatherings, and cooking didn't excite me. Now, with August here, the usual changes of kids going back to school, cooler weather, and holiday planning also fail to spark excitement within me. The changes have become routine.

It's amusing how in life, we go through repetitive cycles of seasons, holidays, milestones, and birthdays, yet each time feels fresh and new. Although I'm glad summer is over, I know that when it comes around again next year, I'll be anticipating it and ready for its arrival. The same sentiment applies to the holiday season; once it's over, I'm relieved, but when it returns the following year, it feels like a new experience. It's the same cycle, but always a little different. I have this idiosyncratic relationship with upcoming events. I do look forward to the change, but then I think about the work that involves the change, and then I brace myself for the parts of it I do not enjoy, and once it's over, this is where the relief comes.

Parenting is full of these cyclical phases, but in raising children, each stage is unique, and then life moves forward. Every moment from birth to adulthood is different and can never be repeated in exactly the same way. Although there may be repetitive patterns, the season of toddlerhood, for example, won't return once it passes. Looking back at the various stages my kids have gone through, I feel a profound sadness when reviewing past videos and pictures. I realize that I didn't fully appreciate their preciousness during those moments because I was too preoccupied with their challenging behaviors—tantrums, whininess, and immaturity. As a busy parent, I failed to truly cherish them during those seasons.

The key difference in parenting is that once a particular season with our children is gone, it doesn't come back, unlike the calendar, which brings back familiar holidays and yearly events, etc. The window closes, and time moves on. They become a little taller, a little more autonomous, a little more mature, and closer to adulthood, until one day, they are an adult making their own paths in the world. May this year bring moments of pause along with the flurry of activity. I hope in this coming season, you can take those little moments to suspend time and cherish just being with your children.

Warm regards,



Grace Paik



Chiffon Berry Pie

I am a total sucker for Jennifer Garner's "Pretend Cooking Show," which I catch on her Instagram feed every so often. It's even more entertaining when her gem of a mom, Pat, comes on and cooks something with her. I usually end up down these rabbit holes in the evening, after everyone has gone to bed and the house is quiet. I'll chuckle at how Jen may occasionally fumble with the cookbook while trying to stir something, or when sauce splatters everywhere (I mean EVERYWHERE including the ceiling) because she forgot about the lid on the blender. She is self deprecating and laughs at herself while cleaning up her mess. Jen gives homage to Ina Garten and throws her more credit than an American Express Black card can hold during her shows, but I totally get it, because Ina is a rockstar.

It's all so relatable, and some of these mishaps have happened to me and I'm sure to many home cooks and bakers out there. It makes me love her even more.

Well, the other day I saw Jen make her favorite childhood pie - Peach Chiffon Pie out of the 1989 Annual Southern Living Cookbook with her mom Pat (bonus!). I watched them make it from beginning to end, and it looked super easy, and insanely delicious. I decided that I must make it.

Well, two of my children really wanted to bake something, so this was it, this chiffon pie. It's a crust like no other pie, which intrigued us all. Long story

short, we made it, ate it, and my youngest declared that this would be the birthday pie to replace the birthday cake for their upcoming birthday, and possibly coming from a child who is not a fan of pie. So there you have it. I present you with Peach (or Any Fruit) Chiffon Pie, courtesy of Mrs. Clifford B. Smith in the 1989 Annual Southern Living cookbook. We cut the sugar (it was still plenty sweet) subbed fresh strawberries for the peaches, and added blueberries to the mix. You can actually add any type of fruit you want. Jen used strawberries in her version as well. It could even be a totally different riff on a banana cream pie. Take advantage of the berries and



Chiffon Berry Pie-2

and stone fruit before citrus and apple season descends upon us, and enjoy wonderful mouthfuls of fluffy delicious goodness with your family and friends. One note: there are nuts in the pie crust. I would say they play an important role and totally add texture to the crust, but if you have someone with nut allergies, omit them). Peach Chiffon Pie, Courtesy of Mrs. Clifford B. Smith Sr., "Southern Living, 1989 Annual Recipes"

Ingredients:

3 egg whites

1 cup of sugar (we used $\frac{3}{4}$ cup)

$\frac{2}{3}$ cup saltine cracker crumbs (about 17 crackers, crushed in a sealable plastic bag)

$\frac{1}{4}$ teaspoon baking powder

$\frac{1}{2}$ cup chopped pecans

1 teaspoon vanilla extract

1 cup whipping cream + 1 tsp vanilla extract

2 tablespoons sugar (we used one tablespoon of sugar)

2 cups sliced fresh peaches (about a pound) or any other stone fruit or berries of your choice - you will see in the photos that we used strawberries and blueberries

Directions:

Beat egg whites (at room temperature) at high speed of an electric mixer until foamy. Gradually add sugar, 2 tablespoons at a time, beating until stiff peaks form. Fold in cracker crumbs, baking powder, pecans, and vanilla. Spoon meringue mixture into a buttered 9-inch pie plate. Bake at 325 degrees for 30 minutes. Let cool.

Beat whipping cream at high speed until foamy; add a teaspoon of vanilla and gradually add 2 tablespoons sugar (or only 1 tablespoon like we did), beating until soft peaks form. Fold in sliced fruit, and spoon evenly over the meringue crust. Decorate as you would like. Chill pie until ready to serve. Yield: one 9-inch pie.



Importance of Showing Up

A new school year is around the corner, and with this comes after school activities for your child/children. These may include a variety or mixture of sports, theater, music, dance, etc. and in addition to practices, there will inevitably be games, performances or recitals to attend. My siblings and I were very, very busy growing up with a variety of activities. There was no time to get into trouble. There were multiple instruments played, several sports and one or more of us were involved in things like debate, band and orchestra. The crazy thing is, I remember that both of my parents, or at least one would be at almost every performance, home game, or music recital. That is an impressive feat to manage with three children. There were a few tennis matches during high school where my mom or dad didn't show up, but there were quite a few matches during the season, and I knew there was no way they could, nor did I need them to physically come to each and every game. Some-

would try to en-her immigrant way ok" in Korean if I if I didn't feel formed well in a impact of my par-made a lasting im-I am so grateful my best to support for my own chil-Showing up is one powerful and im-we can do as par-way of expressing



times my mom courage me in by saying "It's lost a match or like I per-recital. The ents showing up pression on me. to them and try and be present dren. of the most portant things ents. It's a our love and

commitment to our children, and it can have a profound impact on their lives. I know it impacted mine. When children feel seen and heard, they are more likely to develop a strong sense of self-worth and self-esteem, and are also more prone to cultivating healthy relationships with others and have better educational and career outcomes. When we take the time to be present, we are sending the message that they are important and that we value them, and through this a stronger bond can be built. It can help to create a secure, emotional connection between parent and child that can last a lifetime.

Our presence as parents can help to create a sense of security and stability in their lives. When children know that their parents are there for them, it helps them to develop a sense of trust in the world around them and to feel more confident in their own abilities. This also helps them to build the skills they need to navigate life's challenges. When children know their parents are on their side, they are more likely to take risks and to try new things. This security can aid in developing critical problem-solving skills and also in becoming more resilient adults, building the confidence they need to become successful and happy.

Importance of Showing Up-2

Now as much as it's important to show up for our children, we also need to strike a balance between being present and giving them space to grow and learn on their own. It can be tempting for parents to want to be like helicopters or bulldozers and control every aspect of their child's life, but this can actually hinder their development and bring about negative consequences. One way to strike this balance is by being available when they need you, but also giving them the freedom to explore and make mistakes.

This means allowing them to take risks and try new things, even if it means they might fail or make errors along the way. I always tell my children to fail and to fail often. That's how you learn the

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Ultimately, finding the right balance between showing up and giving children space will depend on each individual child's needs and personality. It's crucial as parents to be attuned to these needs and adjust the approach accordingly. With patience, understanding, and love, we can help our children develop into confident, independent individuals while still being there for them every step of the way.

Ultimately, our children watch everything we do like hawks, so it is important to lead by example and model patriotic behavior and attitudes. This can include things like voting in elections, displaying the American flag, and showing respect for our country's symbols and traditions. Teaching young children about patriotism, freedom, and independence can help them develop a deep love and appreciation for their country.

Eco-Friendly Lunch Ideas

The United States is one of the largest producers of waste in the world. Plastic production has soared and continues to be a part of our everyday lives, even showing up in our food and in our bloodstream. This is why it is so important to teach our children about sustainability and the impact of our choices on not only the environment, but also on everything living on this planet. One area where we can make a difference is through our children's lunches. This month, we are excited to share eco-friendly and fun lunch ideas that not only promote a greener planet but also make mealtime an enjoyable experience for your children.

1. Waste-Free lunch kit. Reusable items like juice boxes, containers, stainless steel water bottles, and simple switches set a positive example for your child.

2. Bento Box are not only healthy and nutritious but also allow for a variety of options. Invest in a bento box with

compartments, and fill them with a rainbow of fruits, vegetables, whole grain crackers, and bite-sized portions of protein like cheese or tofu. The vibrant colors and diverse textures will entice your child to explore and enjoy a balanced meal.

3. DIY Snack Packs: Create your own individual snack packs to avoid single-use packaging. Prepare a selection of snacks such as homemade granola bars, trail mix, or veggie sticks and hummus. Use reusable silicone bags or small containers to portion them out for grab-and-go convenience. This not only reduces waste but also allows you to control the quality and nutritional value of the snacks.

4. Eco-Friendly Wraps: Trade traditional plastic wraps for eco-friendly alternatives. Wrap sandwiches or wraps in beeswax wraps or reusable silicone food covers. These washable and reusable options keep food fresh while reducing plastic waste. Get creative with colorful wraps and tie them with biodegradable twine to add an extra touch of fun.



Lunches: Reduce waste by opting for a waste-free lunch kit. Reusable items like juice boxes, containers, stainless steel water bottles, and simple switches set a positive example for your child.

Bliss: Bento boxes are visually appealing for a variety of eco-friendly food options. Invest in a bento box with

Eco-Friendly Lunch Ideas-2

5. Sustainable Sips: Ditch single-use juice boxes and opt for a reusable water bottle filled with infused water, homemade fruit juice, or herbal tea. Encourage your child to make their own flavored water combinations using fresh fruits, herbs, or cucumber slices. This way, you reduce the consumption of sugary drinks while promoting hydration and a love for natural flavors.

6. Garden-Fresh Delights: Involve your child in the process of growing their own fruits, vegetables, or herbs. Let them help cultivate a small garden or tend to potted plants on your balcony or windowsill. Incorporate their homegrown produce into their lunches, such as cherry tomatoes, snap peas, or herbs for flavorful salads or wraps. This hands-on experience fosters a connection to nature and encourages healthier eating habits.

7. Food Fun: Transform time into an active and creative experience by incorporating art. Use cutters to create shapes from sandwich-ingredients, fruits, cheese, and colorful

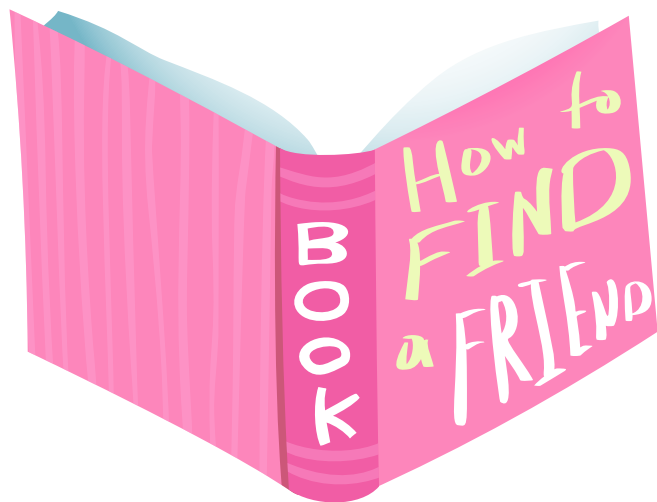


Art Trans-lunch-a creative inter-experience incorporating food cookie to fun with es, or Arrange fruits

and veggies into smiley faces or animal shapes. Encourage your child to express their creativity by building edible sculptures or assembling their own mini-pizzas with a variety of toppings. Food art makes mealtime exciting and encourages kids to eat a nutritious meal.

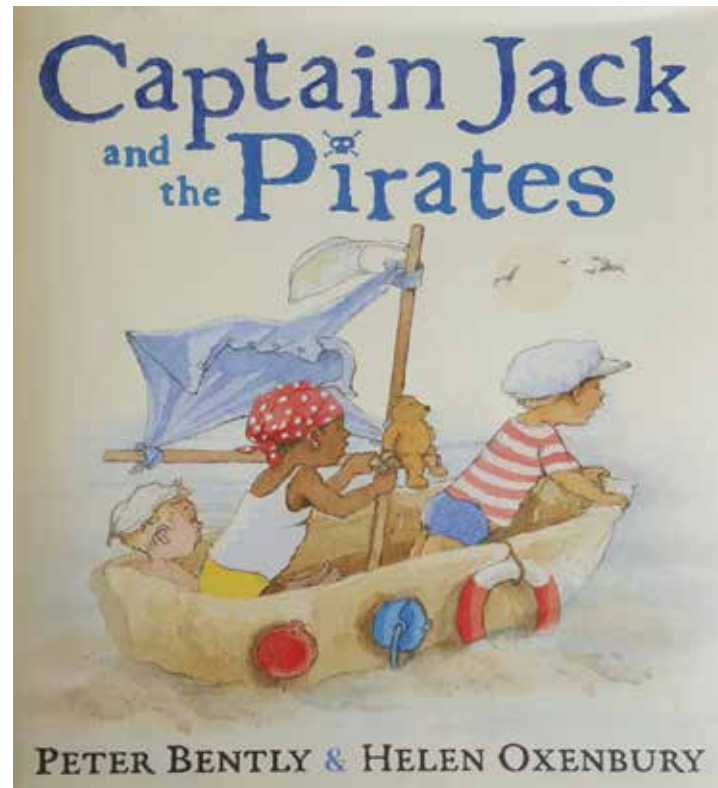
These eco-friendly and fun lunch ideas can help teach our children the importance of sustainability, make a positive impact on the environment, and make lunchtime both delicious and planet-friendly.

Jaq Jaq Bird's August Book List



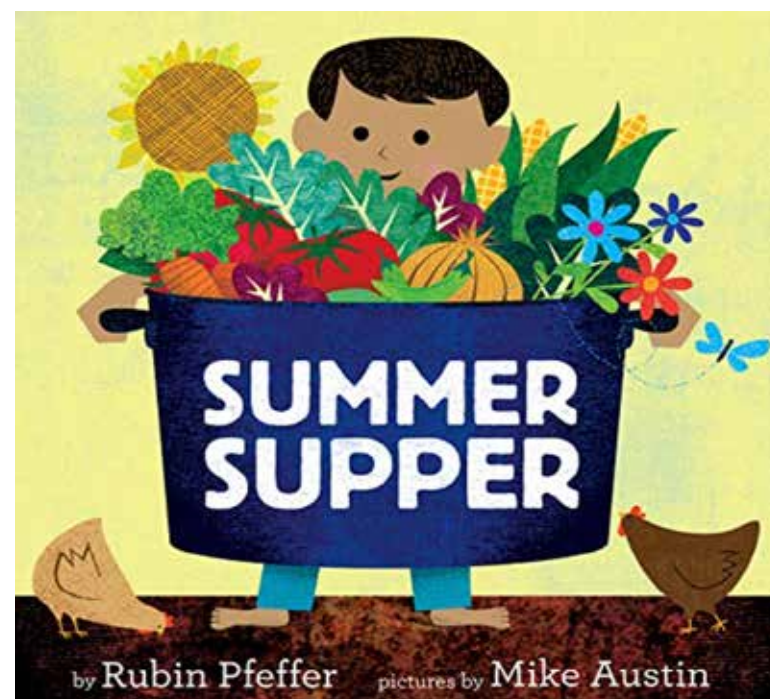
Captain Jack and the Pirates by Peter Bently

This swashbuckling adventure follows Captain Jack and his crew as they set sail on the high seas in search of treasure. Along the way, they encounter a fierce rival pirate crew led by Blackbeard himself. When Captain Jack discovers that Blackbeard has kidnapped his beloved parrot, he must figure out a way to outsmart the villainous pirate and save his feathered friend. With playful language and lively illustrations by Helen Oxenbury, this book is a wonderful opportunity to discuss imagination, and the ideas we create in our minds that are not real, both good and bad.



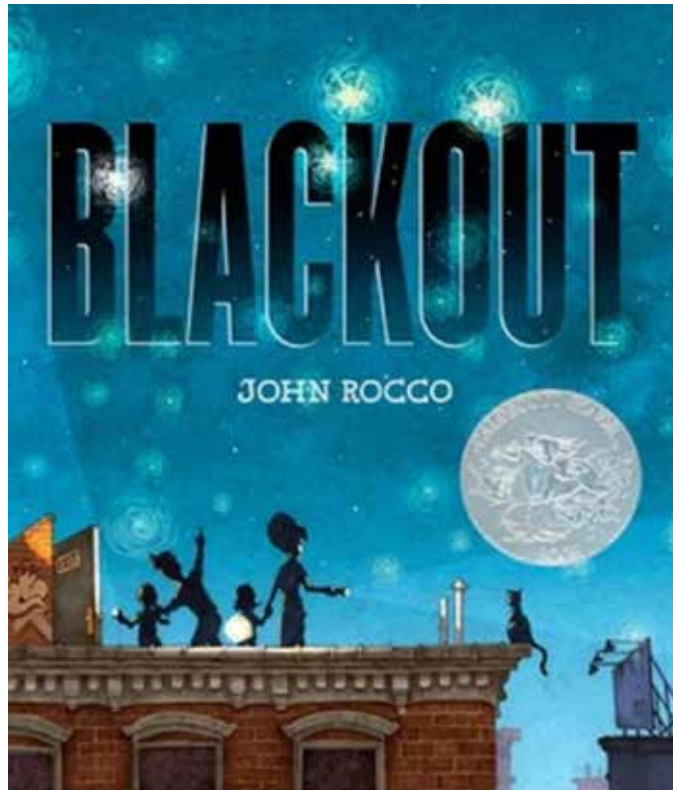
Summer Supper - by Rubin Pfeffer

This book follows a family as they prepare for and enjoy a summer meal together, and highlights the joy of sharing food and conversation with loved ones, as well as the beauty of summer evenings spent outdoors. The language is simple yet draws the audience in along with the vibrant illustrations. We are reminded to savor life's small pleasures and cherish the moments we spend with those closest to us.



Blackout - by John Rocco

This book tells the story of a city-wide power outage on a hot summer night. Families emerge from their homes and gather in the streets after the lights go out, enjoying the cool air and each other's company. Without technology to distract them, they engage in old-fashioned activities like playing cards, catching fireflies, and telling stories. Wonderfully illustrated, this book celebrates community, connection, and the beauty of simplicity.



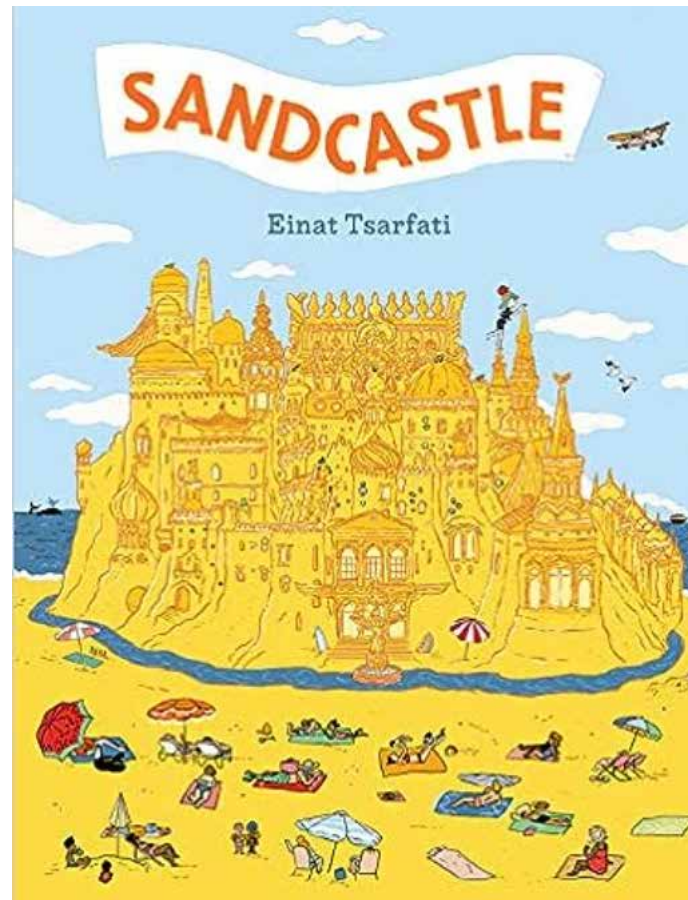
It Began with Lemonade - by Gideon Sterer

This charming picture book reminds us to slow down and appreciate the beauty in our everyday lives. Two siblings set up a lemonade stand in their neighborhood on a hot summer day, and while waiting for customers, they begin to notice the small details of the world around them - the buzzing of bees, the rustling of leaves, and the passing of clouds in the sky. Their lemonade stand transforms into an imaginative world filled with adventure and wonder with each passing moment.

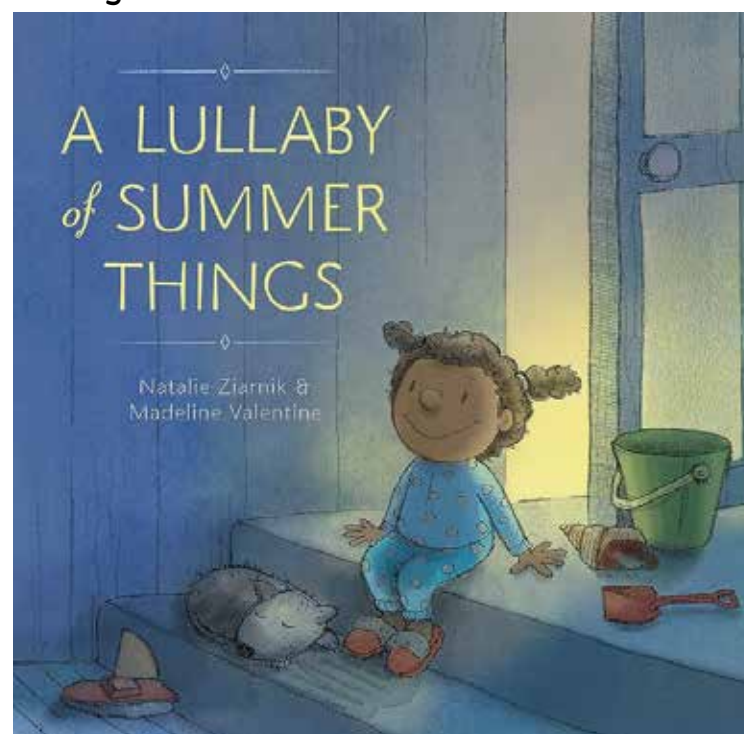


Sandcastle - by Einat Tsarfati

This book is beautifully illustrated and is another book that encourages children to use their imaginations and appreciate the simple joys of a day at the beach. A young girl named Noa spends a day at the beach building a sandcastle. The story takes a fantastical turn when she imagines herself as the queen of the castle, ruling over all the creatures that live in the sand. The tide begins to rise, and Noa realizes that her sandcastle and kingdom are in danger. She must figure out a way to save her castle and her subjects before they are washed away by the sea.



A Lullaby of Summer Things by Natalie Ziarnik is a gentle picture book that captures the essence of a lazy summer day. Each page evokes a sense of calmness and contentment, from the warmth of the sun on your skin to the sound of crickets chirping in the grass. The story follows a young child as they explore the world around them, finding beauty in simple things like dandelions and puddles. Ziarnik uses soothing language and dreamy illustrations, making this the perfect bedtime book to lull little ones to sleep with visions of warm summer days dancing in their heads.



Igniting the Back to School Spark

Igniting the Back-to-School Spark: Ideas on How to Get Kids Excited About Returning to School

Daylight is the summer down. It's prepare for another school important to vironment that ment and en-our children tries to the last bits cation. We share a few and ideas on kids excited back to forming this period into a ipation and nings.

1. Celebrate nings: The school year fresh begin- portunities, growth. Encourage your child's excitement by celebrating this milestone. Plan a special family dinner or create a back-to-school tradition that will make the occasion memorable. By framing the return to school as an exciting adventure, children will be more likely to embrace the upcoming academic year.



decreasing as days wind time again to the return of year, and it's create an en-sparks excite- thusiasm in as everyone squeeze out of summer va- would like to valuable tips how to get about going school, trans- transitional time of antic- new begin-

New Begin- start of a new symbolizes nings, new op- and personal

2. **Involve Them in Preparations:** Empower your children by involving them in the back-to-school preparations. Take them shopping for school supplies, allowing them to choose items they love. Engage them in picking out a new backpack or selecting fun and colorful stationery.

Giving them a sense of ownership and control over their school supplies instills a sense of pride and anticipation for the school year ahead.

3. **Reconnect Friends:** The prospect of reuniting with friends is a powerful motivator for children. Encourage your child to reconnect with friends during the summer break through outings, gatherings or participation in events where their classmates can meet and strengthen connections. Organizing playdates or family events will help ease back-to-school jitters.

4. **Set Goals**

Growth: Discussing goals and aspirations can ignite a sense of purpose and excitement in children. Engage in conversations about what they hope to achieve academically, socially, or personally during the upcoming school year. Encourage them to set realistic goals and support them in devising a plan to accomplish those objectives. By focusing on personal growth and progress, children will feel motivated and excited about the possibilities that lie ahead.



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with School friends is a powerful motivator for children. Encourage your child to reconnect with friends during the summer break through outings, gatherings or participation in events where their classmates can meet and strengthen connections. Organizing playdates or family events will help ease back-to-school jitters.

and Encourage

5. **Highlight Fun Aspects of School:** Emphasize the enjoyable aspects of school to build anticipation. Talk about exciting extracurricular activities, field trips, art projects, or sports programs that your child may participate in. Highlight the subjects they enjoy or share stories of your own positive experiences in school. By focusing on the fun and engaging aspects of the academic environment, you help shape a positive perception of school in their minds.

6. **Create a Back-to-School Countdown:** Build excitement by creating a back-to-school countdown calendar. Help your child mark off the days until school starts, and incorporate fun activities or surprises leading up to the first day. This visual representation of the impending return to school adds an element of anticipation and helps children transition smoothly back into the academic routine.

7. **Visit the School and Meet the Teacher:** Arrange a visit to the school before the academic year begins, especially if your child is transitioning to a new school. Familiarize them with the building, playground, or classroom settings. If possible, schedule a meeting with their new teacher, allowing them to establish a connection and alleviate any apprehensions they may have.

We can help our children embrace the back-to-school season with excitement and enthusiasm by implementing a few of these simple strategies, and create an environment that nurtures their love for learning and supports their growth and development.

We wish you and your children a successful and joyful return to school!



JJB Staff Spotlight: Minjae Bae

1. Favorite snack: Stellar Pretzels - they're vegan, but you would never know it. Highly recommended, and highly addictive.

2. Favorite book and why: I do not have a single favorite book, but a couple of books that come to mind are "A Natural History of the Senses" by Diane Ackerman and a childhood favorite, The Velveteen Rabbit by Margery Williams.

3. Favorite city to visit near home: I like to wander the streets of Berkeley, CA and pop in and out of shops, especially on Fourth street. Berkeley is also home to Berkeley Bowl, which is the most amazing place for fruits, vegetables, meats, and pretty much all of your grocery needs. I can spend hours there (and I have).

4. Share a valuable piece of advice you've received: There is no point in wondering what if. There is no point in believing in what should've been or what could've been. There is only the way things actually are. You are here now, and it might be frustrating, uncomfortable or painful, but it is the way it is nonetheless. The sooner you come to terms with this fact, the sooner you can go about living a peaceful life. (not sure who to credit)



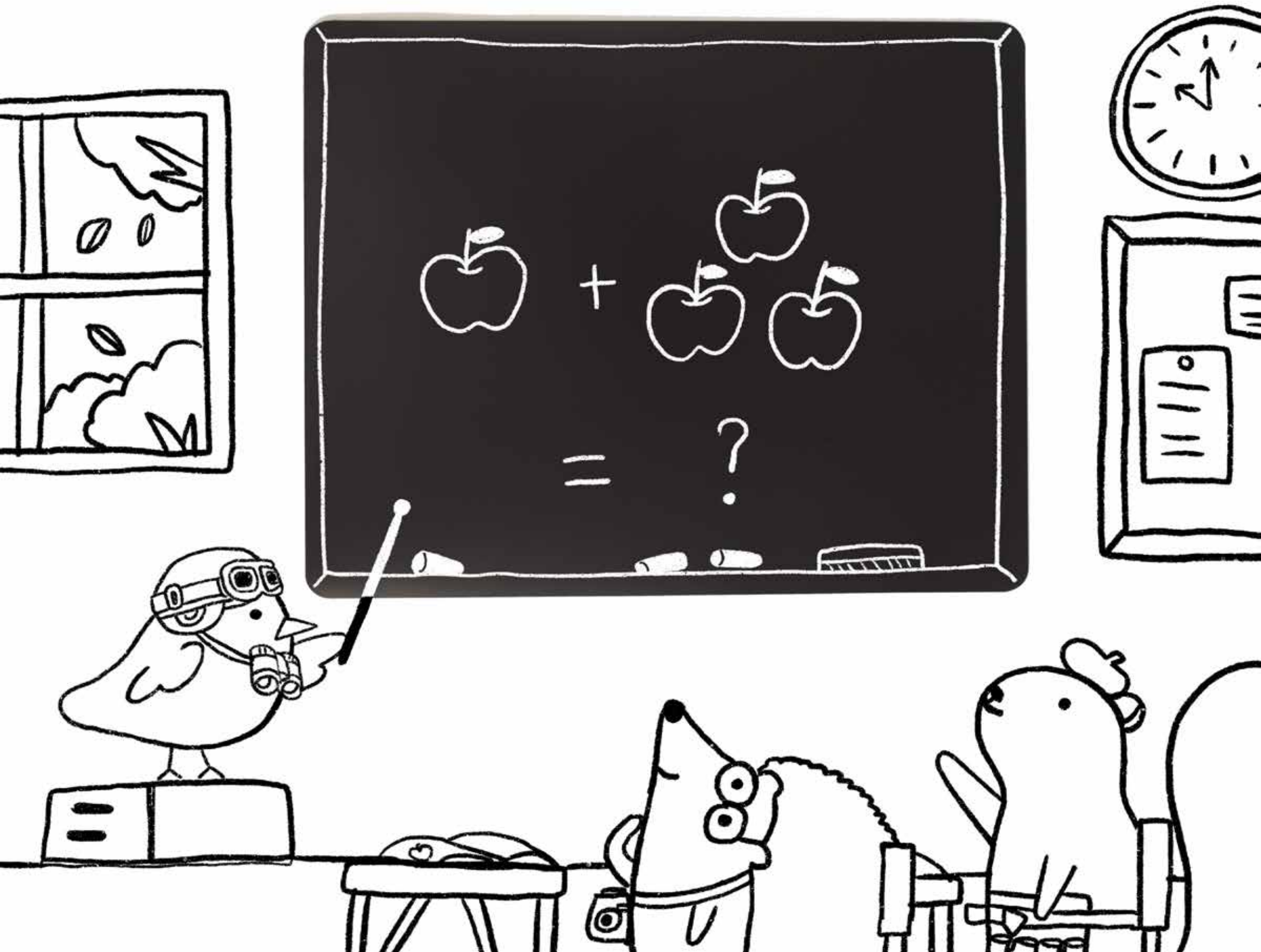
6. Simple things in life that make you happy: Thrifting, Farmer's Markets, uninterrupted sleep, traveling and meandering through different cities and countries.

7. Describe one of your quirks and why it is part of who you are: I saw my high school BFF not too long ago, and we were walking down the streets of LA and I started humming. She was like "You still do your random humming. Some things never change. I love it!" Until she mentioned it, I hadn't realized anyone else noticed that I randomly hummed. I suppose it's because music has always been a part of my life ever since I can remember.

8. Toy you loved playing with as a child: I thoroughly enjoyed playing with my PlayDough Barber Shop. It was so satisfying when I squeezed the contraption that made the playdough into a well coiffed head of hair.

9. What is your dream trip, and why? I've got too long of a bucket list, so I'll just share a few - I would love to stay in an ice hotel in Iceland and see the Northern Lights. I'd love to go to Turkey and walk through Cappadocia. I'd like to go to Sardinia to taste Su Filindeu, a very rare pasta.

10. One JJB product you absolutely love, and why? I love the Wishy Washy Markers. They're versatile, can be used on any non-porous surface, and they hold their color. They are also super easy to clean, and mess free!



Thank you
Creativity Unplugged!

www.JaqJaqBird.com