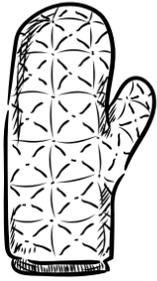


cultivating joy

in an upside down kitchen

GRIEVE WHAT'S GONE



Saying goodbye to **all.the.things** is HARD. Feel all the feelings. Let the tears fall. Ask God to comfort you like only He can, because *gracious, this hurts.*

"Blessed are those who mourn, for they will be comforted."
Matthew 5:4 NIV

GIVE IT TO GOD



Yield to what God has next with an open mind and a soft heart. Ask for wisdom, because God's got you covered.

"If you need wisdom, ask our generous God, and he will give it to you." James 1:5 NLT

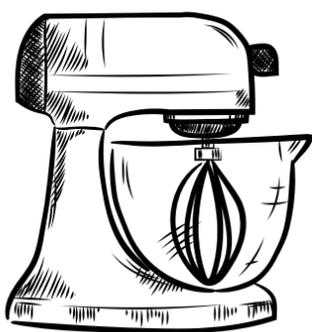
GO BACK TO BASICS



Use the KISS method: Keep It Simple, Sweetie. Build easy meals around familiar foods your family already enjoys. Skip specialty convenience foods and focus on fresh, whole ones. Reserve risky recipes for relaxed weekends, not rushed weeknights. Simple food served with a generous heart is better than sophisticated food served with a frazzled heart.

"Taking the five loaves and the two fish and looking up to heaven, [Jesus] gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. They all ate and were satisfied." Matthew 14:19-20 NIV

GET CREATIVE



Play with your food--literally! Once you get a handle on what foods your family 1) can safely eat and 2) thoroughly enjoys, get creative with them. Invite your family to try unfamiliar cuisines; taste-test new flavors; and experiment with flavor combinations. Embrace the adventure!

If you can't go out to eat, invite others into your home to share a meal with you. Take a picnic to a park. Think about food in a new way and share with the people you love.

"Each of you must take responsibility for doing the creative best you can with your own life." Galatians 6:5 MSG

GROW IN GRATITUDE



It's hard to be thankful when you don't like what on your plate--or what's *not* on your plate. Say thank you for what you have anyway. Practicing gratitude shifts our perspective from what we want to what we have, and appreciation follows. Go around the table every night and say one thing you're thankful for.

"Each of you must take responsibility for doing the creative best you can with your own life." Galatians 6:5 MSG

