



# FamGiving

## Strengthen Traditions

### ***How to Celebrate***

- Gather your people — family near, far, or chosen.
- Share a recipe or memory that means something.
- Start one tradition you'll repeat each year.

### ***Ideas to Try***

- Recreate a childhood dish together
- Record a family member telling a story
- Create a digital or printed family recipe book
- Share one meaningful gratitude memory each
- Take a yearly group photo
- Cook together instead of separately