

The next time you go to the grocery store and see those stocked shelves, think of how many people it took to make that possible:

- FARMERS
- FACTORY WORKERS
- .TRUCK DRIVERS
- GROCERY STORE WORKERS (TO NAME A FEW!)

Thanks to these hardworking people, we have access to healthy food.

And even though we don't always know everyone involved, there are some real MVPs we get to connect with.

Let's learn their names, show some gratitude, and give them some love by leaving a thoughtful review online. They deserve it!

Who's "they"? Think about all the services that you use in your life and all the opportunities to publicly show gratitude for those people:

- . HEALTH-CARE WORKERS
- ·SALES PEOPLE
- FOOD SERVERS
- HAIRDRESSERS
- . HOUSE CLEANERS
- FOOD DELIVERY DRIVERS
- · MECHANICS
- · AND MANY MORE!

putting a little positivity out into the world. Maybe something like this: I recently had the most _____(ADJECTIVE) service at_____ (COMPANY/RESTAURANT/STORE NAME) The staff was incredibly_____ (ADJECTIVE) They went above and beyond to make my experience_____(ADJECTIVE) I was particularly impressed by (SPECIFIC DETAIL OR EMPLOYEE THAT STOOD OUT) Overall, I had a ______ time (ADJECTIVE) and would highly recommend _____ (COMPANY/RESTAURANT/STORE NAME) (PRODUCT OR SERVICE) to anyone looking for _____ (ADJECTIVE)

GRATITUDE IN ACTION: Post an online review!

You could make someone's day and also feel great about yourself for