INCLUSIVE GRACES

Many people feel a need to say grace before consuming food. Here is a broad selection of generic inclusive graces that could be said or sung by people of all beliefs.

ADDAMS FAMILY GRACE
(Tune: "The Addams Family")

We thank the earth for giving
The food we need for living
So go ahead and eat it
Before it crawls away

na na na nah (snap fingers twice)
na na na nah (snap fingers twice)
na na na nah (sing three times then snap fingers twice)

We're thirsty and we're hungry
Want something in our tummy
The food looks mighty yummy
And so we thank you all.

We've filled our plates and dishes,
With food that is nutritious,
And all that we can wish is,
To thank you very much.

ALPHABET GRACE

A-B-C-D-E-F-G
I thank you all for feeding me.

THANKS FOR FOOD
(Tune: Make New Friends)

Thanks for food \* we share today.
Grant us peace and love along the way.

\*Round: parts come in here.

DOO WA DITTY
Thank you for the food that we receive
Singing doo wa ditty ditty dum ditty doo
And thank you for bread and butter and the meat
Singing doo wa ditty ditty dum ditty doo
Looks good (echo: looks good)
Tastes fine (echo: taste fine)
Looks good, tastes fine
We eat it all the time!
Singing doo wa ditty ditty dum ditty doo. Lets Eat!

FOR THE FOOD WE EAT
(Tune: Kum-Bah-Yah)

For the food we eat, we thank you,
For the friends we meet, kind and true.
For the fun we share, all day through,
We thank you, we thank you.

MMM GRACE
Tune: Linger

MMM - I am so thankful
MMM - that we're together
MMM - to share this food with each of you

LOVELY TREAT
(Tune: This Old Man)

Bread and jam, Bread and jam,
I am grateful, yes I am
I thank you kindly for the food I eat.
Thank you for this lovely treat.

NATIVE AMERICAN THANKS

The eagle give thanks for the mountains. (arms like wings, then become mountain peaks)
The fish give thanks for the sea. (hands together like swimming fish, then wave motion)
We give thanks for our blessings, (arms raised in front like receiving something being passed down from a
height)
And for what we're about to receive. (arms lowering, hands like they are holding something)

LET'S JOIN HANDS
(Tune: Mary Had a Little Lamb)

Let's join hands and give our thanks,
Give our thanks, give our thanks,
Let's join hands and give our thanks,
For what we have to eat.

THANKS FOR THIS FOOD
(Tune: Hark to the Chimes)

Thanks for this food,
That we shall eat,
Thanks for the bread,
And for the meat.

ORCHARD & FIELD
(Tune: Tell Me Why )

Orchard and ocean, the farm and field
We are so thankful for all they yield.
For earth and water, for flower and seed
We are so thankful in thought, word and deed.

CARE FOR ME
(Tune: There is a Tavern in the Town)

So many people care for me (care for me)
And make me happy as can be (as can be)
A-a-and give me bread and a place to rest my head,
Oh, the joy of friends and family!
(spoken) Thank you!

THANK YOU
(Tune: Twinkle, Twinkle Little Star )

Thank you for the food we eat,
Thank you for new friends we meet.
Thank you for Girl Scouting days
As we learn in fun-filled ways.
May we always try to do
As we promised, duty true.

NATURE'S THANKS
(spoken)
The eagle give thanks for the mountains
The fish give thanks for the sea.
We give thanks for the goodness
And for what we're about to receive.

(arms like wings, then become mountain peaks)
(hands together like swimming fish, then wave motion)
(arms raised in front like receiving something being passed down from a height)
(arms lowering, hands like they are holding something)

TIME TO EAT
(Tune: Ain't she Sweet)

Time to eat, thankful Girl Scouts in each seat!
We thank you for your generosity- time to eat!

WE THANK YOU
(Tune: Kum-Bah-Yah )

For the food we eat, we thank you,
For the friends we meet, kind and true.
For the fun we share, all day through,
We thank you, we thank you.

GIRL SCOUT GRACE
(Tune: Auld Lang Syne )

For all the bounty we receive,
Let us offer thanks and praise.
And be courageous, strong and fair,
As we live the Girl Scout way.

WE ARE THANKFUL
(Tune: Are You Sleeping)

We are thankful, we are thankful \*
For our food, for our food.
And our many blessings, and our many blessings,
We thank you, we thank you.

\*second part of round begins here

MMM GRACE
(Ttune: Linger)

MMM - I am so thankful
MMM - that we're together
MMM - to share this food with each of you.

BOOM BOOM TA- RA- RA
(Tune: Roll Out the Barrel)

Give thanks for good friends,
We have a barrel of fun.
Give thanks for good food,
Don't waste one single crumb.

Boom Boom Ta-ra-ra!
Sing out a song of good cheer.
Now's the time to give our big thanks,
For the friendship's here!

THANKS FOR FOOD
(Tune: Row, Row, Row Your Boat)

Thanks, thanks, thanks, for food, \*
Thanks for all who's here.
And help us now to spread our love
To people far and near.