



# TIGER NEWSLETTER

## JANUARY 2020

### MARK YOUR CALENDARS

January 4 – After Mass Ticket Sales for Pack Flapjack Fundraiser at Applebee's

January 8 – January Pack Meeting

January 11 - Pack Flapjack Fundraiser at Applebee's

January 15 – Tiger Den Meeting: Tiger Bites

January 26 – Tiger Den Outing: Tiger Bites



*All My Best Friends Like..?*

### TIGER BITES

This month the Tigers will work on the Tiger Bites adventure. This adventure will introduce or reinforce healthy eating habits. The children will practice good hygiene and good manners at mealtime. They will show they know the difference between a fruit and a vegetable (which can be tricky) and will try some bites of each. The children will also learn how to choose some good food choices over not-so-good food choices.

There are several at-home-assignments that go along with this adventure. They include helping with mealtime prep for their family, practicing good hygiene at home, and preparing a snack to share with the den. The children can complete this with your direction but I will need YOU to email me once your child has completed the requirement in order for them to get credit.

Our outing this month will be to either Giant Food Stores in Flourtown, PA or Whole Foods in Plymouth Meeting. The children will have an opportunity to meet with the nutritionist who will go over the basics of food nutrition. They will then participate in a scavenger hunt to find the best and healthiest foods!

### ACCOMPLISHMENTS

December is holiday month so the Tigers only met as a den once this month but were able to accomplish three-quarters of their requirements for their Team Tiger adventure in one activity packed night! They worked together to figure out how to fit on an ever shrinking boat. They learned that they are all different but by working together, their differences make them stronger. They got to know one another by walking around and talking to each other and learning each persons likes and dislikes.

December was also plagued by last minute cancellations due to weather and other issues. Our outing to Caring For Friends was unexpectedly cancelled but the Tigers still had the opportunity to earn their adventure loop if they helped their family team at home. Those scouts will be awarded the Team Tiger adventure loop at our next pack meeting in January. A makeup outing is in the works and will be scheduled at some point in the near future.



Team Tiger!

## Contact

Christopher Marcos Pol

Email: [cmarcospol@gmail.com](mailto:cmarcospol@gmail.com)

Cell Phone: (724)-986-2270

## WHOLE FOODS MARKET

WHEN:

SATURDAY, JANUARY 26, 2020

12:30PM-2:30PM

WHERE:

WHOLE FOODS MARKET

500 W GERMANTOWN PIKE,  
PLYMOUTH MEETING, PA 19462

