

## **INCLUSIVE GRACES**

From "What We Stand For"

Graces, Blessings, and Invocations

The Girl Scout organization does not endorse or promote any particular philosophy or religious belief. Our movement is secular and is founded on American democratic principles, one of which is freedom of religion.

Although Girl Scouts has policies supporting religious diversity, there is no policy by Girl Scouts of the USA that prohibits or requires the saying or singing of a grace, blessing, or invocation before meals by Girl Scout members in a troop/group setting, in a resident or day camp, or at meetings, conferences, and other large events. The decision to say a grace, blessing, or invocation is made locally at the troop or group level, and should be sensitive to the spiritual beliefs of all participants.

## **INCLUSIVE GRACES**

### **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**

(Tune: 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.

[Go to Scouting Web Home Page](#)