



NOOK & CRANNY

Newsletter

February 2024

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FEBRUARY BEDROOM BLISS: 3 SIMPLE CLEANING TIPS!

February is the month of love, so why not show some love to your personal haven? Here are three super easy tips to keep your bedroom looking and feeling its absolute best!

Tip #1: Declutter Your Nightstand!



Keep your bedtime essentials at arm's reach by decluttering your nightstand. A tidy space equals a tidy mind, and who doesn't want that serene feeling before drifting off to dreamland?

Tip #2: Fresh Linens, Fresh Dreams!

Swap out your sheets for a cozy, fresh set! Clean linens not only feel amazing but also contribute to a better night's sleep. Dive into a cloud of comfort and wake up ready to conquer the day! ☁️zzz

Tip #3: Rotate and Refresh Your Mattress!

Give your mattress some love by rotating it and letting it breathe. This simple act can extend its life and keep it feeling as comfy as the day you brought it home. Sweet dreams start with a happy mattress!

Bonus Tip: Add some fun colored throw pillows and a light weight blanket to give your bedroom a new fresh look.



35% OFF
Three (3) Recurring Cleans
For more info call 314-226-1916

Fun Dates in February



Feb 8 -
Natl. Kite Flying Day



Feb 11 - Super Bowl



Feb 13 - Mardi Gras



Feb 14 - Valentine's Day



Feb 20 - Natl. Love Your
Pets Day



Feb 27 - Natl. Strawberry Day



RAREDISEASEDAY.ORG
Feb 29 - Rare Disease Day



CHOCOLATE COVERED STRAWBERRIES

INGREDIENTS

1 pint strawberries 16-24 strawberries, rinsed and dried
1 (10-ounce) bag Ghirardelli milk chocolate melting wafers
2 ounces white melting chocolate for drizzle

Toppings:

sprinkles, chopped nuts, shredded coconut, mini chocolate chips
(optional)



INSTRUCTIONS

Line a baking sheet with parchment paper. Place strawberries and a hot pad right next to your pan.

Place milk chocolate in a medium saucepan over low heat and cook, stirring constantly with a rubber spatula, until melted, about 5 minutes. When the chocolate is completely smooth, remove it from the heat and set the pot on the hot pad.

Hold the pot of chocolate at an angle. Grab a strawberry by the stem and dip both sides in the chocolate. Allow excess chocolate to drip off and wipe the bottom of the strawberry on the edge of the pan before placing it on the parchment (this will help prevent chocolate from pooling). Repeat to dip all the strawberries. Let sit for 5 minutes. Once the first layer of chocolate has set, repeat the process to double-dip each strawberry, again being sure to wipe off the excess chocolate before returning the berries to the parchment. This will make them extra chocolatey and smooth on the outside. Let strawberries sit on your counter until hard, about 30 minutes.

Melt white chocolate as described in Step 2 and transfer it to a piping bag or a resealable plastic bag with a small hole cut in the corner. Drizzle back and forth over dipped strawberries, then immediately add any desired toppings. Let sit for about 15 minutes to set.

Recipe from Lil Luna. [Click the strawberry image to see all the tips!](#)



It's
Random
Acts
of
Kindness
Month.



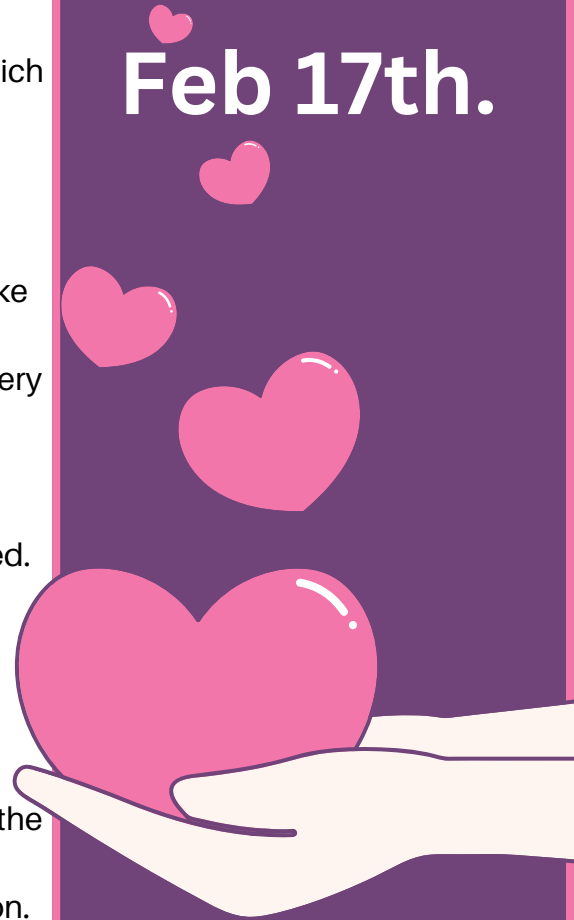
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KINDNESS IDEAS FOR RANDOM ACTS OF KINDNESS DAY



1. Pay it Backward: buy coffee for the person behind you in line.
2. Compliment the first three people you talk to today.
3. Send a positive text message to five different people right now.
4. Post inspirational sticky notes around your neighborhood, office, school, etc.
5. Tell someone they dropped a dollar (even though they didn't). Then give them a dollar.
6. Donate old towels or blankets to an animal shelter.
7. Say hi to the person next to you on the elevator.
8. Surprise a neighbor with freshly baked cookies or treats!
9. Let someone go in front of you in line who only has a few items.
10. Leave a gas gift card at a gas pump.
11. Throw a party to celebrate someone just for being who they are, which is awesome.
12. Have a LinkedIn account? Write a recommendation for coworker or connection.
13. Leave quarters at the laundromat.
14. Encounter someone in customer service who is especially kind? Take an extra five minutes to tell their manager.
15. Leave unused coupons next to corresponding products in the grocery store.
16. Leave a note on someone's car telling them how awesome they parked.
17. Try to make sure every person in a group conversation feels included.
18. Write a kind message on your mirror with a dry erase marker for yourself, your significant other or a family member.
19. Place a positive body image notes in jean pockets at a department store.
20. Smile at five strangers.
21. Set an alarm on your phone to go off at three different times during the day. In those moments, do something kind for someone else.
22. Send a gratitude email to a coworker who deserves more recognition.
23. Practice self-kindness and spend 30 minutes doing something you love today.
24. Give away stuff for free on Craig's List.
25. Write a gratitude list in the morning and again in the evening.

**Random
Acts
of
Kindness
Day
is
Feb 17th.**



be kind



26. Know parents who could use a night out? Offer to babysit for free.
27. Hold up positive signs for traffic or in a park for people exercising outside!
28. Return shopping carts for people at the grocery store.
29. Buy a plant. Put it in a terracotta pot. Write positive words that describe a friend on the pot. Give it to that friend!
30. Write a positive comment on your favorite blog, website, or a friend's social media account.
31. Have a clean up party at a beach or park.
32. While you're out, compliment a parent on how well-behaved their child is.
33. Leave a kind server the biggest tip you can afford.
34. When you're throwing something away on the street, pick up any litter around you and put that in the trash too.
35. Pay the toll for the person behind you.
36. Put 50 paper hearts in a box. On each cutout write something that is special about your partner or a friend. Give them the box and tell them to pull out a heart anytime they need a pick-me-up.
37. Everyone is important. Learn the names of your office security guard, the person at the front desk and other people you see every day. Greet them by name. Also say "hello" to strangers and smile. These acts of kindness are so easy, and they almost always make people smile.
38. Write your partner a list of things you love about them.
39. Purchase extra dog or cat food and bring it to an animal shelter.
40. Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. Don't just think it. Say it.
41. Take flowers or treats to the nurses' station at your nearest hospital.
42. Keep an extra umbrella at work, so you can lend it out when it rains.
43. Send a 'Thank you' card or note to the officers at your local police or fire station.
44. Take muffins or cookies to your local librarians.
45. Run an errand for a family member who is busy.
46. Leave a box of goodies in your mailbox for your mail carrier.
47. Tape coins around a playground for kids to find.
48. Put your phone away while in the company of others.
49. Email or write to a former teacher who made a difference in your life.
50. When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness too!



35%

OFF

Three (3)

Recurring Cleans

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