

The CookShop Bite

2021 Issue 2



GREETINGS COOKSHOPPERS!

Spring is here, and Vitamin D is near! With the weather warming up, and the sun out longer (thanks, Daylight Savings!) now is a great time to get outside and enjoy physical activity outdoors, while social distancing of course. As a reminder, children and teens (ages 6-17 years) need to be active 60 minutes a day, at least 5 day a week. Adults (18 and older) need to be active 30 minutes a day, at least 5 days a week.

As you might know, March was National Nutrition month, a time for all of us to make new habits and think critically about the food we eat. Though the month is officially "over," here are some ways to celebrate National Nutrition Month all year long:

- Meatless Mondays! Choose one day a week to eat no meat. There are many health and environmental benefits of a plant-based diet.
- Aim to drink water with every meal and snack.
- Visit your local farmer's market to get fresh seasonal fruits and vegetables. Click [here](#) to find a market near you that accepts EBT/Food Stamps!

It would be impossible to separate nutrition from food, and food from culture. With the most diverse school system in the nation, at CookShop, we aim to celebrate our city's diversity through cooking and leading a healthy lifestyle. Consider celebrating National Nutrition month with our *Coconut Milk Braised Collard Greens* recipe in this issue of the Bite, because Black History is American History, and not just limited to February.

So, too, do we stand in solidarity with our Asian American and Pacific Islander (AAPI) CookShop staff and students, and condemn the ongoing and increasing acts of anti-Asian violence in this country. Please visit our Resources section for activities and lessons aimed for elementary age children that will both teach and enrich the appreciation of how Asian Americans and African-Americans have shaped this country.

Finally, check out our Mindfulness Activity, which explains the importance of Social and Emotional Learning via a fun activity appropriate for all ages!



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Celebrating Black History Month (Every Month)

One popular New Year's custom is to have something on the dinner table that represents good luck and success in the New Year. While New Year's Day was a few months ago, it's never too late to manifest good luck and success. One popular tradition in some African-American households is to make a pot of *black-eyed peas and collard greens* to bring prosperity in the New Year. The Southern-style version of these dishes is typically prepared with pork and chicken stock. Caribbean Americans also follow a similar tradition to symbolize luck and good fortune by preparing *Cook Up Rice*.

Since our curriculum already provides a quick black-eyed pea salad recipe, we decided to offer our readers a vegan-based collard greens recipe (alongside a refreshing beverage!) that celebrates elements of both African-American and Caribbean American culture. It's perfect to pair with a lean protein and grain to create a whole meal.

Coconut Milk Braised Collard Greens

Prep Time: 10 mins Cooking: 20 mins Yield: Serves 4

INGREDIENTS:

- 1/4 white onion, sliced
- 4 cloves garlic, minced
- 1" knob fresh ginger, peeled and grated
- 1/2 tsp crushed red pepper flakes
- 2 tsp Lalah's or Jamaican curry powder
- 2 lbs whole collard green leaves, stems removed, and leaves thinly sliced
- 2 cups reduced-fat coconut milk
- 2 tsp olive oil
- 1 tsp salt
- 1 tsp black pepper



DIRECTIONS:

1. In a medium saucepan over medium heat, combine 2 tsp of olive oil, onions, ginger and cook until light brown, 1-2 minutes. Add garlic and red pepper, cook for 30 seconds.
2. Add collards to the pan, stirring well. Then add coconut milk, black pepper, curry powder and salt. Bring to a boil and reduce heat to simmer, cooking for 20 minutes or until leaves are tender.
3. Take off heat, add 1/4 tbsp of lemon juice, and serve.

Note: Creamy coconut milk combined with fresh lemon juice adds just the right flavor to brighten up darky leafy greens. Substitute collards for kale, bok choy or mustard greens, if preferred.

For a Caribbean twist, serve collards with saltfish and white rice.

Source: Modified from original recipe courtesy of: <http://www.kitchenistadiaries.com/2017/02/coconut-milk-braised-collard-greens.html>

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Physical Activity

Regular physical activity has many health benefits like strengthening your heart, bones and muscles! Children should aim to have at least 60 minutes of physical activity a day. You do not have to do it all at one time and can break the activities into smaller increments. Try scheduling six 10-minute movement breaks or set an alarm to move and stretch every 30 minutes throughout your day. Enjoy!

ACTIVITIES CAN INCLUDE:

- A 10-minute beginner Yoga session
- Dancing to 3 of your favorite songs or learning a new one like the *Cha-Cha Slide*, *Electric Slide*, or *Macarena*
- Walking or jogging around your yard, neighborhood or local park
- Using a pedometer to track your daily steps. Try 10,000 a day!

Or, you could do a CookShop Physical Activity, such as the *Heart Beat Dance*. Repeat the steps below ten times, moving as fast as you can:

1. Squat down, hit the floor twice and say, "Pump, pump!"
2. Hop up and down using both feet and say, "Jump, jump!"
3. Clap your hands twice and say, "Clap, clap!"
4. Slide side to side and say, "Tap, tap!"
5. Hop on your left foot, hop on your right foot and say, "Beat, beat!"

Remember to encourage children to drink **water** every day. It's important to stay hydrated while they move and play! On special days, like when someone chefs up the *Coconut Milk Braised Collard Greens* recipe from the page before, consider making this refreshing drink popular in the South! Emphasis to children that they can still enjoy and partake in celebrating their own, or learning about different cultures, through food and drinks, while living a healthy lifestyle.

Low Sugar Sweet Tea

Prep Time: 5 mins Yield: Serves 1

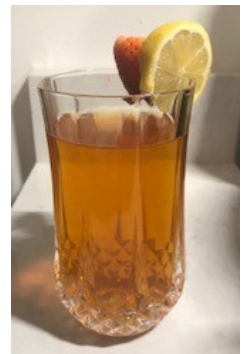
INGREDIENTS:

- 1 Black tea bag
- 1 1/2 tsp agave syrup or raw honey*
- 1/2 cup hot water
- 2/3 cup cold water

DIRECTIONS:

1. Steep the black tea in 1/2 cup hot water for 2 minutes.
2. Add agave syrup or honey and stir.
3. Add 2/3 cup of cold water.
4. Add a lemon slice or piece of fruit, and enjoy!

*Note: Honey has the added benefit of fighting allergies and alleviating sore throats!



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Mindfulness Activity

A Social Emotional Learning (SEL) curriculum is important for everyday success. SELs help students feel supported and fostered courage to share their voices and accept challenges.

THE 5 KEY COMPONENTS OF SOCIAL/EMOTIONAL LEARNING (SEL) ARE:

1. Self-awareness
2. Self management
3. Social awareness
4. Relationship skills
5. Responsible decision-making

Self-awareness means

- Understanding strengths and challenges
- Building confidence
- Developing good character
- Embracing a growth mindset
- Using positive thinking skills
- Dreaming of the future

We will focus on self-awareness by writing a positive poem about ourselves using the first letters of your first/ middle or nickname. Spell your name horizontally and add sentences, phrases or adjectives to describe yourself. Keep this poem in a safe place and refer back to it when you feel sad to be reminded about how magical you are! If you are having trouble, positive words are listed here: <https://www.positivewordlist.com/positive-words/>

Malika is...

Magically mindful during long walks
Adventurous and adores self-care
Loves to laugh and visit beaches a lot
Incredible and inspiring
Kind and Knowledgeable
Affirming positivity, abundance and joy

Now you try!

Source: <https://www.thepathway2success.com/sel-curriculum-for-elementary-learners/>

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RESOURCES:

12 WAYS TO ENRICH KIDS' APPRECIATION OF ASIAN-PACIFIC AMERICAN CULTURE

Explore AAPI history with kids, from creating your own globe, to making lei, to learning about the lunar calendar, and much more! Click here, or copy-and-paste this link into the URL: <https://www2.ed.gov/free/features/asian-pacific-heritage.html>

THE MANY WAYS ASIAN AMERICANS HAVE SHAPED THE COUNTRY

Immerse yourself and your kids in a family-friendly exhibit that illustrates how Asian Americans have shaped the country from the Civil War to Civil Rights. Click here, or copy-and-paste this link into the URL: <https://www.smithsonianmag.com/smithsonian-institution/from-the-civil-war-to-civil-rights-the-many-ways-asian-americans-have-shaped-the-country-49762201/>

HOW TO CELEBRATE BLACK HISTORY MONTH WITH KIDS (EVERY MONTH)

Black History is American History. Tell the story of how Black History Month is nationally celebrated in February, and get creative with an art project, books, and other resources on how to celebrate Black history every month. Click here, or copy-and-paste this link into the URL: <https://www.parents.com/kids/responsibility/racism/how-to-celebrate-black-history-month-with-kids/>

IN THE KITCHEN RECIPE DEMOS

Learn how to make healthy and tasty recipes by watching these videos of chef's preparing nutritious meals from WorkWell NYC. Click here, or copy-and-paste this link into the URL: <https://www1.nyc.gov/site/olr/wellness/wellness-inthekitchen.page>

5 A DAY YOUR WAY TRACKER

For National Nutrition Month, use this tracker to challenge yourself to get 5 servings of fruits and vegetables each day! Click here, or copy-and-paste this link into the URL: <https://www1.nyc.gov/site/olr/wellness/wellness-inthekitchen.page>

WEEKEND WELLNESS

Renew your commitment to self-care by joining live in a free, Saturday morning event series with Hip Hop Public Health, "Weekend Wellness: Self-Care for Communities and Families." You can register for future sessions or watch recordings of the ones that have already taken place. Click here, or copy-and-paste this link into the URL: <https://hhph.org/weekendwellness/>

MOVE TO IMPROVE MATERIALS

This is a set of resources from the DOE for promoting physical activity during the day. Classroom and physical education teachers can view and download activity guides, visual aid cards, and printable posters to get students moving during academic instruction. Click here, or copy-and-paste this link into the URL: <https://www.weteachnyc.org/resources/collection/move-improve/>

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