



Greetings CookShoppers!

Summer couldn't have come soon enough! Congratulations on completing one of the toughest school years we've seen yet. We are truly inspired by the patience, dedication, and enthusiasm we have seen from all our CookShop partners -- thank you for always prioritizing the well-being of your students.

We also want to thank all of our students and families for so willingly adapting to our pilot virtual curriculum, *CookShop Online*. It was so well received that we will be offering it for many years to come to schools we cannot support materially.

CookShop Online couldn't have been the success it was without your participation and input, but we are so excited to bring CookShop back into the classroom as early as next year!

We have an exciting issue of the Bite coming up. Start off with a fun Summer Word search over on the next page to get you pumped up for all that summer in the city has to offer. Then go ahead and check out our Rainbow Pinwheel recipe in honor of all our LGBTQ+ New Yorkers and CookShoppers! Make sure to make the best of your summer by checking out (and checking off) our Summer Bucket List, followed by a fun physical activity. Finally, check out our Resources page for more ways to enjoy summer and connect with Food Bank.



Summer Word Search

Find the words associated with summer!

E	R	E	T	A	W	P	F	L	O	W	E	R	S
M	H	S	E	R	I	T	E	P	I	C	N	I	C
T	E	N	N	I	S	B	N	A	E	G	V	R	N
A	S	P	O	R	T	S	E	E	C	F	O	S	S
A	V	O	C	A	D	O	S	R	A	H	N	E	E
P	C	F	R	E	L	A	X	N	R	E	E	O	S
S	R	U	S	W	I	M	S	E	D	I	C	S	S
E	E	N	R	O	S	I	E	R	S	E	E	R	A
B	E	A	C	H	W	E	A	S	A	P	E	S	L
P	E	H	E	A	T	G	K	N	H	A	R	R	G
M	E	L	O	N	S	I	I	I	A	E	L	O	N
S	L	L	E	H	S	A	E	S	B	E	S	L	U
A	R	R	F	A	M	I	L	Y	T	I	M	E	S
S	I	M	C	A	R	E	F	R	E	E	L	S	W

GARDENS
SPORTS
HEAT
SWIM
BIKES
PEACHES
SUNGLASSES
FLOWERS
TENNIS
FAMILY TIME
FUN
MELONS
FANS
PICNIC
OCEAN
BERRIES
CAREFREE
SEASHELLS
AVOCADOS
RELAX
WATER
BEACH

Play this puzzle online at : <https://thewordsearch.com/puzzle/2487603/>



Word Search Fun Facts

Did you know...

- The very first published Word Search was released on March 1, 1968. That's 53 years ago!
- Word Search puzzles boost memory and brain health
- You can make your own word search on thewordsearch.com

Rainbow Tortilla Pinwheels



Prep Time: 10 min Yield: 4-6 pinwheels Serving size: 1

Ingredients

- ✓ 1 whole-grain tortilla
- ✓ ½ yellow bell pepper
- ✓ ½ red bell pepper
- ✓ 1 large carrot
- ✓ Handful of spinach
- ✓ Purple cabbage
- ✓ Hummus (or spread of choice)

Directions

1. Slice raw vegetables into a size of your choosing.
2. Lay the tortilla flat and spread a thin layer of hummus (or spread of your choice) on the surface.
3. Spread the vegetables on the tortilla (grouped by color).
4. Roll the tortilla into a burrito-like shape.
5. Cut into pieces as desired.
6. Enjoy with a tall glass of water!

NUTRITION FACTS:

Amount per serving: Calories 352, Fat 12g, Saturated Fat 2g, Protein 13g, Carbohydrate 52g, Fiber 10g

Source: Modified from original Recipe courtesy of: <https://myplantbasedfamily.com/2020/07/04/rainbow-veggie-pinwheels/>



Celebrating Pride

Though Pride is certainly a time for celebration, it's also a time for acknowledging the work still needed to be done to achieve *true* equity for the LGBTQ+ community.

27% of LGBTQ+ folks across the United States are currently facing food insecurity.

This Pride month, we here at Food Bank For New York City are turning a critical eye to the pervasive issues of poverty and food insecurity in the LGBTQ+ community. Check out how we're serving the LGBTQ+ community on our website, and while you're at it, celebrate Pride at home with this colorful and healthy recipe.



Summer Bucket list

- Build a fort using extra blankets and pillows
- Visit a beach and build sandcastles
- Go on a nature walk through a new park
- Visit a farmers market and try a new vegetable
- Have a dance party with your siblings or friends
- Go swimming
- Ride a bike
- Visit the zoo, aquarium, or botanical garden
- Have a family picnic
- Play a game with your family
- Have a craft day where you tie dye shirts, paint, or draw
- Read three books
- Make a healthy recipe
- Visit a museum
- Watch fireworks or the stars at night

Simon Says: Let's Get Moving!

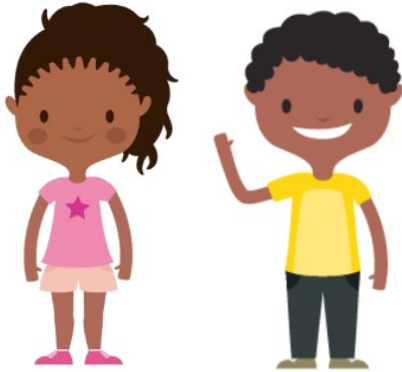
Instructions: Choose one person (grandma, mom, dad, brother, neighbor, friend, etc.) to be Simon. When Simon says to do an activity, you gotta do it!

Simon, choose from this list or make up your own moves:

- ✓ Shake your whole body
- ✓ Hop on your right foot
- ✓ Do a somersault
- ✓ Do 5 jumping jacks
- ✓ Walk on your knees
- ✓ Do a cartwheel
- ✓ Reach behind you and try and hold your right foot with your left hand without falling over
- ✓ Hop like a frog
- ✓ Balance on your left foot
- ✓ Flex your muscles
- ✓ Pretend to ride a horse



Resources



NY Public Library Summer Learning Program

<https://www.nypl.org/summer>

The New York Public Library has an all-new Summer Learning program, Imagine Together! Explore the summer activities: Read for 20 minutes every day, learn with a Virtual Summer Camp and take-home activity kits, and have fun with free online events!

NYC Parks Summer Events Calendar

<https://www.nycgovparks.org/events/kids>

The NYC parks have many great events for kids, like concerts and presentations from park rangers. This calendar shows events in all five boroughs.



Grow NYC Farmer's Markets

<https://www.grownyc.org/greenmarket/ourmarkets>

Visit a Green Market or Food Stand this summer! You can search by location to find the market closest to you.

<https://www.grownycdistancelearning.org/>

Grow NYC also has many resources for students in their Environmental Education Program. Check out activities about conservation, food justice, and more.

COVID-19 SNAP Benefits

<https://otda.ny.gov/SNAP-COVID-19/>

If a child receives free school lunches, their family is eligible for additional benefits from the state. These benefits are issued automatically, but here is a resource with more info and FAQs.



GET IN TOUCH

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