

# The CookShop® Bite

2020 ISSUE 3



## GREETINGS COOKSHOPPERS!

Greetings CookShoppers!

We hope you and your families are remaining safe and staying healthy during these uncertain times. We want to thank you for your dedication to your students and families. June is Pride Month, and we wish all our LGBTQ+ CookShoppers and allies a very **Happy Pride!** Food insecurity among LGBTQ+ adults in the United States is more than double the national food insecurity rate; with 33 percent of LGBTQ+ adults who were raising children indicating not having enough money for food. Consider celebrating Pride with our healthy Rainbow Fruit Skewers recipe in this issue of the Bite.

While we celebrate the LGBTQ+ community, so too do we stand in support with the Black community and firmly assert, **Black Lives Matter**. We recognize that children are no strangers to the happenings of the world right now, so we have provided resources on how to have difficult, yet necessary conversations with children in the Resources section in this issue of the Bite.

Finally, as New York City transitions into Phase 2 of New York State's Reopening Plan, we want to encourage all our CookShoppers to remain safe by social distancing and wearing a mask. Also in the Resources section of this Bite you will find guides to empower children to make healthy choices, as well as links to online resources to continue to foster learning during the summer. As the weather gets warmer, consider playing our "No Touch" Scavenger hunt physical activity for some much-needed exercise and learning, or setting up a DIY Summer Carnival in your own home.

Stay safe and be well, and we cannot wait to catch up again in the fall!

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## Celebrating **PRIDE**

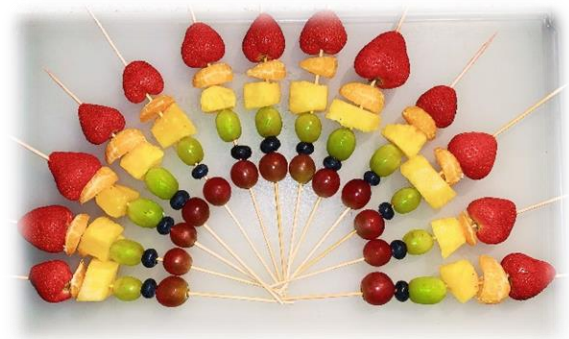
Celebrate PRIDE with these refreshing, healthy, and not to mention, beautiful, rainbow fruit skewers!

### RAINBOW FRUIT SKEWERS

Prep Time: 5 mins    Yield: 10 skewers    Serving Size: 1 skewer

#### INGREDIENTS:

Strawberries  
Clementines  
Pineapple  
Grapes (red & green)  
Blueberries



#### DIRECTIONS:

1. Using skewers, popsicle sticks, or cake pop sticks, slide fruit onto stick in the following order: strawberry, clementine, pineapple, green grape, blueberry, red grape.
2. Make as many as desired and arrange on a platter to form a rainbow.

#### NUTRITION FACTS:

Each skewer (containing 1 medium strawberry, 1 clementine slice, 1 bite-sized piece of pineapple, 2 grapes and 1 blueberry): Calories 27, Fat 0g, Protein 0.4g, Carbohydrate 6.7g, Fiber 0.8g, Sodium 0g

Source: Recipe courtesy of: <http://fingerprickingood.com/2015/03/12/rainbow-fruit-skewers/>

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## Screen Break Activities

**Screen breaks** are important to prevent eye fatigue, blurry vision and dry eyes. It's also a great opportunity to explore other interests like exercising, day dreaming, as well as arts and crafts. Consider setting up a screen free hour each day so that everyone disconnects from devices. [Here](#) are some tips to prevent the negative effects of increased screen time.

### SCREEN BREAK ACTIVITIES

- Family reading time, game night or a scavenger hunt
- Learn to cook a meal or make popsicles
- Have an indoor dance party or karaoke session
- Journal or write a short story
- Family exercise time i.e. yoga, meditation or a walk

You can ask your child to write a bucket list of things they want to do. Then you can check an activity off the list each week. You can also check out [Pinterest](#) for inspiration.

### "NO TOUCH" SCAVENGER HUNT

Right now it can be hard to make sure students are getting enough exercise while still being safe and social distancing. Here's one fun option for kids to get outside and be active.

Take a walk around your neighborhood or local park and try to find all the items on this list:

1. A pink flower
2. A person riding a bicycle
3. One small dog
4. One big dog
5. A bird that is not a pigeon
6. Anything purple
7. The tallest tree on the block
8. Something in the shape of a star
9. Something drawn or written in chalk on the sidewalk
10. Someone wearing sunglasses

Don't stop walking until you spot all ten things!

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## DIY CARNIVAL SUMMER KICK OFF

**Mass gatherings** not safe yet? Consider creating carnival games at home!

Check out the carnival experience Malika from the CookShop team created for her nephew's birthday!



### CARNIVAL ACTIVITIES

- **Flyer**- Create a fun flyer using the free website: [Canva](https://www.canva.com/)
- **Balloon Pop**- Blow up and tape balloons to a wall. Use a pen/pencil to pop them.
- **"Guess How Many..."**- Add treats or random items like paper clips or dry beans in small paper bowls. Have your child guess how many items are in the bowl for a special prize of more play time or a chore-less day!
- **Paint and Sip**- Pick up water-based paint, your child's favorite 100% juice box and a cheap canvas for a paint and sip experience. Substitute with crayons and construction paper if other materials are unavailable. Join your child and create summer pictures.
- **Bowling**- Arrange 10 empty water bottles into a pyramid form. Use a small ball or stress ball to roll to the target.
- **Ball Toss**- Similarly, arrange 10 paper bowls in a pyramid form. Provide a small ball or paperclip for tossing.

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## Resources

### HAVING DIFFICULT, BUT NECESSARY CONVERSATIONS WITH CHILDREN

#### COVID-19

Children have a sense of what is going on right now. We must have difficult conversations with them to share how the future will be impacted. Use this [resource](#) to guide a conversation about the coronavirus and empower them to make healthy choices. Follow these [CDC Tips](#) to keep children socially connected, physically active, stress-free and encourage frequent handwashing.

#### BLACK LIVES MATTER

Similarly, New York City public school children learn about race relations in this country very early on in their childhood.

- For teachers, please visit [this blog post](#) for links to articles and writings for teaching anti-racism in the classroom.
- Visit [this website](#) for resources on teaching tolerance, whether it is race, gender and sexuality, religion, etc.
- Click [here](#) for a list of movies to watch as family and provide a base for having a conversation about the Black experience.
- Consider adding some of the books listed [here](#) and [here](#), to your bedtime read aloud sessions.

### COOKSHOP RESOURCES FROM HOME

We have made a variety of CookShop resources available to the public from coloring sheets and word searches for grades K-2, to logic puzzles and scavenger hunts for grades 3-5, to meal planners, budget logs, and nutritional information for families, among many more items. Copy-and-paste the following link into a URL to access all of our free CookShop resources: [bit.ly/CookShopFBNYC](https://bit.ly/CookShopFBNYC)

### ONLINE RESOURCES

- For educational games broken down by grade level, visit: <https://www.abcya.com/> and <https://pbskids.org/games/>
- For fun videos and facts about nature and wild animals, visit: <https://kids.nationalgeographic.com/> and <https://www.weareteachers.com/free-online-learning-resources/>

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## FOOD

### FREE MEALS

All New Yorkers are eligible to receive free meals and they can be picked up at participating schools in all 5 boroughs. To find a meal pick-up location near you or your students, use this link:

<https://www.schools.nyc.gov/school-life/food/free-meals>

### FOOD PROGRAM LOCATOR

Food Bank For New York City has a network of hundreds of food pantries and soup kitchens currently operating. Most food pantries have no eligibility requirements and some do home delivery.

<https://www.foodbanknyc.org/get-help/>

### OPEN-AIR MARKETS

GrowNYC Green Markets, Farmstands and Fresh Food Box Sites are open. These open air markets and stands are a good place to buy fresh produce and groceries *safely*. They accept SNAP and EBT.

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

### P-EBT

Great news! New York State introduces “P-EBT” (P for *pandemic*) – a new benefit that gives every NYC public school family **\$420 per child**. No sign up is required. **All families of NYC public school children**, regardless of immigration status, income, or employment, will receive this money. Learn more at

[on.nyc.gov/p-ebt](https://on.nyc.gov/p-ebt) or call new York State’s EBT Customer Service Center at 1-888-328-6399

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