

# The CookShop® Bite

2021 ISSUE 1



## GREETINGS COOKSHOPPERS!

Greetings CookShoppers!

Finally, the day we have all been waiting for is just around the corner! 2020 was a difficult year with unprecedented challenges and ongoing struggles exposed from under the rug in which they were swept. For those that have experienced loss this year, we extend our deepest condolences. For those that are fighting for a more healthy and equal society, we stand with you, hand in hand.

We invite you to look onto the year 2021 positively, with your first commitment being making small, healthy, doable changes. In this issue of the Bite you'll find a warm and healthy dessert, perfect to eat bundled up under the blankets. Also make sure to check out our favorite indoor physical activities, that will get everyone from the baby to grandma up and groovin'.

On the topic of physical activity, parents, caregivers, and teachers, consider checking out our Resources section for tips on how to engage stakeholders at every level to ensure physical activity is not forgotten about during this time of remote learning. On the Resources section you'll also find updated information on free school meals, neighborhood food resource guides, enrolling in the now newly extended to September 2021 Pandemic-EBT, SNAP, and much more. As always, we encourage you to visit us as [foodbanknyc.org](https://www.foodbanknyc.org) for more resources.

Don't miss out on a special letter from one Princess Divine Glow. In her words, *find a way to water yourself every day*. You owe it to yourself!

Finally, we are so excited to pilot *CookShop Online* with partnering schools this program year! As always, we want to thank all our CookShop teachers and administrators for their continued dedication to CookShop.

From all of us at CookShop, Happy New Year!

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# Warm Up with a Healthy Dessert

There's nothing like the smell of baked apples and cinnamon on a cold wintery day. Perhaps it is a holiday morning, and the kids are rummaging through the kitchen trying to sneak a taste of the celebratory meal you've been preparing for later that day; or perhaps it's an evening in between the holidays and someone ate that last slice of pie you were saving!

Whether it's to sway your children out of the kitchen, or to indulge yourself in a healthy and sweet dessert, consider making Healthy Baked Apples this holiday season. A healthy eating pattern includes fruits, especially whole fruits. With this recipe you'll be well on your way towards making small, healthy changes and welcoming sweetness into 2021.

## HEALTHY BAKED APPLES

Prep Time: 20 mins    Cook Time: 30 mins    Yield: Serves 6

### INGREDIENTS:

6 apples (large, baking)  
1 cup oat fashioned oats  
½ cup walnuts, chopped  
1 teaspoons cinnamon  
½ teaspoon nutmeg  
½ teaspoon ginger  
2 tablespoons cooking oil  
2 tablespoons maple syrup  
½ cup apple cider or water

### DIRECTIONS:

1. Move the oven rack to the center of the oven. Then preheat the oven to 400 degrees.
2. Spray the bottom and sides of a 9" square baking dish with nonstick cooking spray.
3. Core apples.
4. In a small bowl, combine oats, walnuts and spices. Add in cooking oil, coconut or vegetable, and maple syrup. Stir to combine.
5. Place apples in baking dish. Divide oat mixture evenly among the center of the apples, pressing the filling in towards the center of the apples.
6. Lightly pour apple cider or water into the bottom of the baking dish.
7. Cover apples with foil and bake for about 30 minutes, making sure to baste the apples with their natural juice every 5-10 minutes. Uncover the apples for the last 5 minutes.
8. The apples should be fork tender when cooked. Eat on it's own or consider adding a dollop of Greek yogurt for some protein.

### NUTRITION FACTS:

Amount per serving: Calories 263, Fat 12g, Saturated Fat 5g, Protein 3g, Carbohydrate 40g, Dietary Fiber 7g, Sodium 4mg

Source: Modified from: <https://thecleaneatingcouple.com/healthy-baked-apples/>

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## Physical Activity:

Regular physical activity has many health benefits like strengthening your heart, bones and muscles! Even when it's cold and we are staying at home, it's important to get physical activity every day! 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.

### FREEZE DANCE:

One fun way to be active is to play "Freeze Dance."

Have a parent or grown-up play your favorite song, or search for a song that is made especially for a freeze dance! OR Just click [this video](#) From the Kiboomers. Link:

[https://www.youtube.com/watch?v=2UcZWXvgMZE&ab\\_channel=TheKiboomers-KidsMusicChannel](https://www.youtube.com/watch?v=2UcZWXvgMZE&ab_channel=TheKiboomers-KidsMusicChannel)

Do your favorite dance moves, until the music pauses. When the music stops you have to FREEZE! Don't move a muscle until the music starts again.

Keep up the dancing for at least a few songs! Get groovin'!

### HEART BEAT DANCE:

Or you could do a CookShop Physical Activity like the [Heart Beat Dance](#).

Link: <https://youtu.be/VeFzQnC8zE>

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, say, "Clap, clap."
4. Slide side to side and say, "Tap, tap."
5. Hop on your left foot, hop on your right and say, "Beat, beat."

Remember, to drink water every day. It's important to stay hydrated while you move and play!

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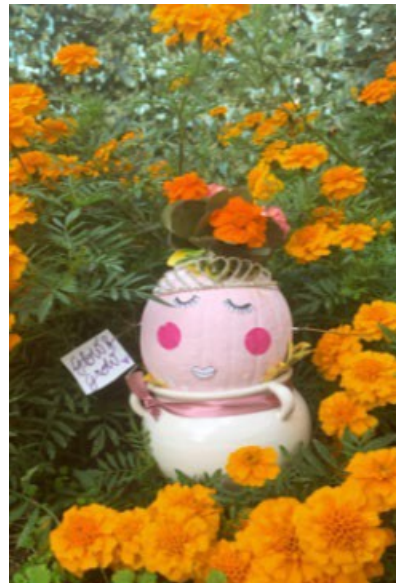




# Princess Divine Glow

## Dear Teachers...

You are essential and continue to enrich your students' lives and cultivate a creative classroom community. This is an atypical year as we adjust to the new normal. Thank you for continuing to make learning fun while remaining flexible to all the changes thrown your way. Teachers, you are irreplaceable and play an instrumental role in our children's lives. Thank you and do not forget to take time for you! At the end of this Bite awaits a letter from Princess Divine Glow. Consider reading it yourselves, and please e-mail it to your students' parents and guardians.



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## Resources:

### VISIT THE FARM - VIRTUALLY

Do your students miss field trips? Do you want to take our Farmer's Letters to the next level? Well, City Growers, an approved DOE vendor, is now offering virtual field trips to farms around NYS. Adapted from their popular on-the-farm workshops, these offerings are designed to fit into a virtual curriculum. A mix of footage from the farms, super fun games, and lively discussion, these sessions are engaging and informative. Ask your principal if funds are available & submit a PO using City Growers' DOE vendor ID: CIT149344 01. For more information check out their offering [HERE](#).

### P-EBT AKA PANDEMIC SNAP EXTENDED TO SEPTEMBER 2021

P-E BT is a program that provides \$420 to DOE students to make up for missing school meals. P-EBT has been extended to September 2021 You do not need to apply to receive this benefit as it will automatically be applied to your EBT card or one will be mailed to you. Medicaid recipients who have not yet accessed their child's Pandemic-EBT food benefits may receive a textmessage alert this week on how to activate them.

For more information, visit [their website](#).

The NY State P-EBT Helpline: 1-833-452-0096

You can also email: [otda.sm.eisp.PEBT@otda.ny.gov](mailto:otda.sm.eisp.PEBT@otda.ny.gov).

### ADVOCATE FOR REMOTE PHYSICAL EDUCATION DURING COVID-19

Are you a parent, caregiver, or teacher of a NYC DOE student? Do you believe students must have access to physical education regardless of how instruction is delivered? If so, consider advocating for remote physical education during COVID-19 and beyond. Visit [this document](#) to learn how you can use your voice to ensure our "new normal" prioritizes children's physical health and well-being.

### HEALTHY, THRIFTY HOLIDAY MENUS

Are you looking to spice up your holiday menu in a creative way, but are on a budget? Check out SNAP-Ed's holiday menus. [This website](#) has recipes for every holiday in the year! Maybe this Christmas you're going to stick to grandma's old recipes, but how about making a fun, *heart-healthy* meal for Valentine's day, or trying a new recipe for Chinese New Year? Each menu has vegetarian options, so regardless of your diet, or what holidays you celebrate, there's a recipe in here for everyone!

### CORONAVIRUS NYC NEIGHBORHOOD FOOD RESOURCE GUIDES

The Food Policy Center at Hunter College has created 59 Neighborhood Food Resource Guides. Click [HERE](#) to find your neighborhood.

### COVID-19 RESOURCES

Stay updated on the COVID-19 outbreak through the DOE Coronavirus Information

Tab: <https://www.schools.nyc.gov/school-life/health-and-wellness/coronavirus-update>

Text COVID to 692-692 to receive regular SMS texts with the latest news and developments

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# Princess Divine Glow

My dear friends,

Princess Divine Glow is here to share self-care tips for an atypical year. Click the underlined words for examples. Contrary to popular belief, selfcare is not selfish. You cannot give your best if you are not feeling your best.

Find a way to water yourself every day.



1. Start off with some affirmations. Get your mind right! We manifest what we put into the universe. Write 3 words or phrases you want to embody on a post it note. Recite these words in the morning before you start your day.
2. Deep Breathing. Taking 2 minutes to practice deep breathing; this recenters your mind and lowers your heart rate. Use an app for meditation guidance if you find that your mind wanders too much.
3. Fun in the Sun: Take a 10-minute morning stroll. Receive the vitamin D and let the sun charge you for your eventful days ahead. It's especially important in the winter months when a lot of us fall victim to Seasonal Affective Disorder.
4. Channel your inner child through art. Color, paint a pumpkin, make a wreath, or use Pinterest/YouTube for inspiration for fun DIY house projects. Pro tip: Contact paper can give a room/ drawer a fresh look.
5. Stretch it Out. Exercise improves sleep and mental health. Try 10-minute yoga and creative workouts to refresh your routine.



5. *All hail H2O:* Drink at least a half of gallon aka 8 glasses of water each day.

6. *Practice Gratitude:* Write, think or say 3 things you're grateful for before and at the end of your day.

Practicing gratitude helps to shift your mindset. It helps me to re-center after a long day and worry less.

8. *Light it Up:* Light a soy candle, incense or turn on an oil diffuser. A fragrance can instantly lift the energy of a room. Alternatives can include spraying your favorite fragrance on a pillow before you fall to sleep.

9. *Experiment in the kitchen:* Cook a new recipe or try a new spice blend. You may be amazed at what you create. Remember, have the kiddies assist with prep for a truly magical experience.

10. *Sleepy Time Delight:* Acknowledge when your body is tired and take a quick 15-20-minute nap. You will wake up feeling recharged. We are so used to being busy and traveling around the city, find 5-20 minutes for you to pause even if it is just closing your eyes and breathing. You'll notice a difference.

If you were to apply at least one thing, you will notice a small change can have a big change. Little things can help you feel better.

Love, peace and pumpkin spice,

*Princess Divine Glow*

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