

The CookShop[®] Bite

2020 ISSUE 2



GREETINGS COOKSHOPPERS!

Greetings CookShoppers!

While domestic policies are rapidly changing in response to COVID-19 and NYC students switch to remote learning, we want you to know that we are here for you. Our dedication to the health and wellbeing of our committed CookShop teachers and students is our top priority. We will continue to provide you with resources, tips and suggestions on how to eat nutritiously, exercise and stay healthy during this difficult time.

As we all know, we can't start CookShop without... washing our hands! Washing our hands could not be more important right now. Washing our hands for **at least 20 seconds** with soap and water is the best way to prevent the spread of germs. Make sure to wash your hands frequently, especially after coming in from outside and before eating or preparing food. For students: Try singing the ABCs twice while washing to know when you're done!

Another great way to stay healthy is to eat nutritiously! March is National Nutrition Month, which is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. Consider celebrating National Nutrition month by:

- Meatless Mondays! Choose one day a week to eat no meat. There are many health and environmental benefits of a plant based diet
- Make a CookShop recipe at home! Add your favorite healthy protein and you have a nutritious meal!

Finally, Happy Persian New Year, or *Nowruz Mubarak*! Did you know that March 20th is the Persian New Year, also known as *Nowruz*? This celebration marks the first day of spring and is observed by diverse communities all around the world, including communities in New York City! This issue of the Bite includes a recipe that can be made to authentically celebrate Nowruz.

CookShop[®]



CookShop is a program of
Food Bank For New York City



FOODBANKNYC



FOODBANK4NYC



Celebrating Nowruz (Persian New Year)

Yogurt; rich, creamy, and protein-packed, is a staple in Persian culture, whether you're eating it with skewers of grilled meat, warm bread or straight out the bowl with a spoon! The recipe below is an essential Persian recipe that can be made for Nowruz or as a healthy snack any time. Enjoy!

MAST-O KHIAR (PERSIAN CUCUMBER AND HERB YOGURT)

Prep Time: 20 mins Yield: 4 cups Serving Size: ¾ cup

INGREDIENTS:

- ¼ cup black or golden raisins
- 3 Persian cucumbers, diced
- 3 cups Greek yogurt
- 2 tablespoons any combination of finely chopped fresh parsley, cilantro, basil, tarragon or dill
- Salt and pepper to taste
- 1 garlic clove, finely grated
- 1 teaspoon dried mint
- 3 tablespoons roughly chopped walnuts



DIRECTIONS:

1. In a small bowl, submerge the raisins in boiling water to plump for 10 minutes, then drain well.
2. Remove alternating stripes of peel on cucumbers and trim ends. Dice cucumbers and place in a large bowl with raisins, yogurt, fresh herbs, salt and pepper.
3. Grate the garlic and stir into the mixture. Gently grind the dried mint and stir to combine.
4. Just before serving, stir in the walnuts and transfer to serving bowl. Serve with warmed flatbread

NUTRITION FACTS:

Amount per serving: Calories 140, Fat 5g, Saturated Fat 2, Protein 13g, Carbohydrate 12g, Fiber, Sodium 40g

Source: Modified from original Recipe courtesy of:

<https://cooking.nytimes.com/recipes/1020213-mast-o-khiar-persian-cucumber-and-herb-yogurt>

CookShop



CookShop is a program of
Food Bank For New York City



FOODBANKNYC



FOODBANK4NYC



Hand Hygiene

WHY IS IT IMPORTANT TO WASH OUR HANDS?

Washing your hands is important because it prevents the spread of germs. When you have germs on your hands and touch surfaces, food, or other people, the germs get on surfaces and can spread to other people.

It only takes one sick person touching one surface or piece of food, whether it's a countertop, doorknob, chair, fruit, vegetable or piece of bread, to get everyone sick. Frequent hand-washing can prevent you and your loved ones from getting ill.

WHEN TO WASH HANDS

- After blowing your nose, coughing or sneezing
- After using the toilet or bathroom
- Before eating or preparing food
- After touching an animal, animal feed or animal waste
- Before and after providing routine care for another person who needs assistance (e.g. a child)
- Before and after treating a cut or wound
- After handling trash
- After cleaning activities
- After using public transportation
- After being outside (playing, walking the dog, etc.)

See NYC Health COVID-19 Guidance on Cleaning for more details:

<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/disinfection-guidance-for-businesses-covid19.pdf>

HAND WASHING VERSUS HAND SANITIZING

There is a common misconception that using hand sanitizer is equivalent to hand washing with soap and warm water. **This is not true.** While using a hand sanitizer is a good alternative if soap and water are not available to you, **hand washing with soap for at least 20 seconds not only kills germs, but physically removes dirt and debris that could make you sick.**

WHY IS IT IMPORTANT TO WASH PRODUCE?

Fruits and vegetables may carry germs. Germs are tiny bacteria that can cause infections and diseases. Make sure to thoroughly wash fruits and vegetables before preparing, cutting or eating them.

CookShop



CookShop is a program of
Food Bank For New York City



FOODBANKNYC



FOODBANK4NYC

RESOURCES:

FIND FOOD

SCHOOL MEALS

Beginning Monday, March 23, meals will be distributed at more than 430 sites across the city.

- Three meals a day (breakfast, lunch and dinner) will be available to all NYC children Monday through Friday 7:30 AM to 1:30 PM at school sites across the city.
- To find a location near you, click [here](#) or a map [here](#).
 - No registration, ID, or documentation required to receive school meals.
 - All three meals a day may be picked up at the same time.
 - No dining space is available, so meals must be eaten off premises.
 - Parents and guardians may pick up meals for their children.
 - Dates, locations, and menus are subject to change.

Text FOOD or COMIDA to 877-877 to find free meals for children while NYC DOE schools are closed.

OTHER FOOD PROGRAMS

Utilize Food Banks's Food Program Locator to find pantries and soup kitchens in your area. As operations and hours can change rapidly, **please make sure to call before you go to confirm a site is open:** <https://www.foodbanknyc.org/covid-19/>

COOKSHOP RESOURCES FROM HOME

We have made a variety of CookShop resources available for students learning from home – 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. **Use the following link to access all of our free CookShop resources:** bit.ly/CookShopFBNYC

COVID-19 RESOURCES

- Stay updated on the COVID-19 outbreak through the DOE Corona Virus 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**

VOLUNTEERS NEEDED

We need you. Our trucks remain on the road distributing food and supplies to hundreds of open agencies in our network, and we continue to prepare and serve meals, the support of New Yorkers is vital now more than ever. Meeting the rise in need will require the help of even more volunteers, and we need your support. **If you are healthy and able, please sign up to volunteer:** <http://bit.ly/Volunteer4FBNYC>

CookShop



CookShop is a program of
Food Bank For New York City



FOODBANKNYC



FOODBANK4NYC