

The CookShop® Bite

2020 ISSUE 4



GREETINGS COOKSHOPPERS!

Greetings CookShoppers!

While back to school looks different this year, we remain committed to supplying our CookShop students and families with comprehensive and FUN nutrition education. Eating nutritiously is the hallmark of staying healthy and staying healthy is our focus right now. We are so excited to pilot *CookShop Online* to partnering schools this program year! We want to thank all our CookShop teachers and administrators for their continued dedication to CookShop—in this issue of the Bite we will be spotlighting the illustrious Ms. Barbara Pollitt from PS 138 X Samuel Randall, who made YouTube videos and activities so that she could keep doing CookShop lessons with her kindergarten students while NYC was on PAUSE.

While CookShop will be fully online, some of your students will be physically attending school at least a few days out of the week—check out our Hand Hygiene guide in this issue of the Bite to ensure your students are properly and regularly washing their hands.

Back-to-school also coincides with the Jewish New Year, *Rosh Hashana*. In honor, we have provided a Rosh Hashana inspired recipe in this issue of the Bite! Check it out on the next page—and learn why the combo of apples and honey is so famous! Regardless of observance, we wish you *alla* sweet and healthy New Year!

September is also Hunger Action month. Hunger is shown in different ways—from having nothing to eat, to only having highly caloric and nutrient deficient foods to eat. Please refer to our Resources page for updated information on free school meals, neighborhood food resource guides, enrolling in Pandemic-EBT, SNAP, and much more. Also, visit us at foodbanknyc.org for more resources.

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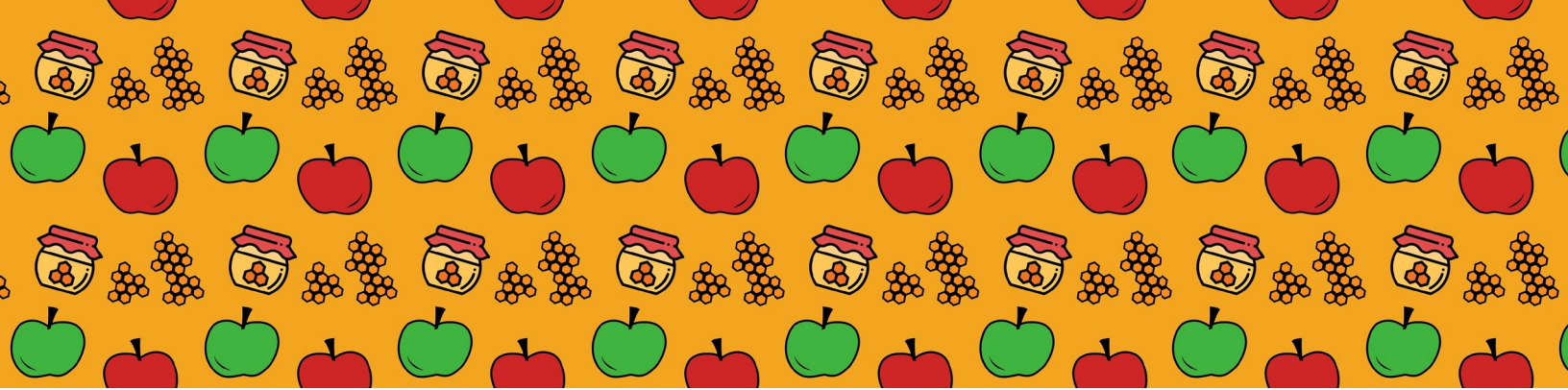
From all of us at CookShop, welcome back to school!



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Celebrating Rosh Hashanah

If you know anything about Rosh Hashanah, you probably know one of the most popular customs: apple slices dipped in honey. Ancient Jews believed apples had healing properties, and honey signifies the hope that the new year will be sweet, so by dipping apples into honey on the New Year, Jewish people symbolize the hope for a sweet and healthy New Year. Here at CookShop, we decided to take that symbol one step further, and offer you a very simple, sweet, and healthy apple, walnut and feta spinach salad; perfect to pair with a lean protein like chicken or turkey to create a whole meal, or to eat on its own as a healthy fall snack. Enjoy!

APPLE, WALNUT AND FETA SPINACH SALAD

Prep Time: 10 mins Yield: Serves 6

INGREDIENTS:

- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon honey
- ¼ teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1 (5-ounce) bag baby spinach (about 5 packed cups)
- 1 large tart apple, such as Granny Smith or Honeycrisp, cored and thinly sliced (about 1 ½ cups)
- 1 cup feta cheese, crumbled
- ½ cup walnuts, chopped



DIRECTIONS:

1. In a large bowl, whisk together the olive oil, vinegar, mustard, honey, salt and pepper.
2. Add the spinach and toss gently to coat in the vinaigrette.
3. Add the apple, feta and walnuts and toss gently again to combine. Serve immediately.

NUTRITION FACTS:

Amount per serving: Calories 220, Fat 19g, Saturated Fat 5g, Protein 6g, Carbohydrate 9g, Fiber 2g, Sodium 400mg

Source: Modified from original Recipe courtesy of: <https://www.thekitchn.com/spinach-salad-267495>

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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.

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
- Challenging your siblings to leg lifts or an arm circle challenge during screen or commercial breaks

Or you could do a **CookShop Physical Activity** like 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, 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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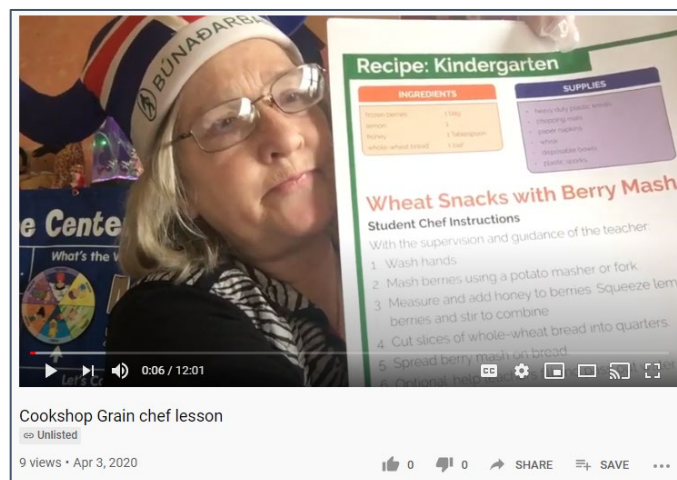
School Spotlight

MS. BARBARA POLLITT, PS 138 X SAMUEL RANDALL

When schools stopped meeting in-person last March, CookShop lessons were also put on hold. But a few teachers took it upon themselves to adapt CookShop lessons for virtual learning and continued making time for nutrition education.

One of those teachers is Ms. Barbara Pollitt of PS 138 X Samuel Randall. Ms. Pollitt made YouTube videos and activities so that she could keep doing CookShop lessons with her kindergarten students.

“I love the program, and I know the transition to remote learning was difficult for all of us. I do believe the lessons are so important, and I enjoy teaching them, so I wanted to continue with a routine that we all absolutely loved to do.” – Barbara Pollitt, PS 138 X



Thank you so much, Barbara Pollitt, and all the other teachers who are committed to CookShop and nutrition education. This program could not exist without you

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Resources:

SCHOOL WELLNESS WEEKLY

Subscribe to School Wellness Weekly for tips to continue your school wellness efforts. You can view September's issue [HERE](#). This issue pushes for Health and Physical Education Instruction to remain strong and remain committed to school wellness councils. It provides free [Health](#) and [Physical Education resources](#) for families to remain active in a remote learning environment.

The Office of School Wellness also has an open grants available, apply [HERE](#).

P-EBT AKA PANDEMIC SNAP

P-EBT is a program that provides \$420 to DOE students to make up for the missing school meals between March and June 2020. 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. Check out this helpful [infographic](#) from Community Food Advocates for more details.

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

You can also email: otda.sm.eisp.PEBT@otda.ny.gov.

USDA EXTENDS SCHOOL MEALS FLEXIBILITY WAIVERS

The United States Department of Agriculture (USDA) announced an extension of waivers to its summer meal program through December 31, 2020. This means summer meal operators to continue to serve free meals to kids in the fall months. ANYONE under the age of 18 is eligible, and ALL schools will be participating. Read more about this in the [press release](#).

DEPARTMENT OF EDUCATION MEAL HUBS

For adults over the age of 18, search for free meals in your area by clicking [HERE](#). The DOE also offers a free meal food truck as well as distributes Kosher and Halal food throughout the boroughs.

HUNTER COLLEGE NYC FOOD POLICY CENTER: CORONAVIRUS NYC NEIGHBORHOOD FOOD RESOURCE GUIDES

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

GET FOOD

This [RESOURCE](#) has information about emergency food delivery, accessing SNAP and cooking from home tips.

You can also find food on our website, [HERE](#).

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

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Hand Hygiene

WHY IS IT IMPORTANT TO WASH OUR HANDS?

As students return to school for hybrid learning, we want to make sure they are washing their hands regularly, but also, properly. 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.**

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