

Food for Thought

Erica Wildberger, Editor-in-Chief

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The Snack Zone

In this issue, we would like to introduce you to another of the important 9055 Kitchen programs. "The Snack Zone" is a community based snacking activity designed for both clients and staff. Visits to "The Snack Zone" are based on the premise that, if an individual is hungry, the menu options will guide them to an appropriate high quality snack. Over time, the ideas and skills supported in the program can be generalized to reinforce healthy eating patterns.

"The Snack Zone" is built on a formula that provides unlimited fruits and vegetables accompanied by limited amounts of toppings or yogurt. Total energy consumption in "The Snack Zone" is aimed at approximately 200 high quality calories per visit. In "The Snack Zone" there is a large emphasis on choice, self-preparation and independence.

While the menu remains static in "The Snack Zone" (apples, oranges, celery, cucumbers, carrots, cherry tomatoes, peanut butter, ranch dressing, cream cheese, and low fat vanilla yogurt), there are seasonal variations (e.g., different types of apples). Further, the menu offers enough options that -- with mixing-and-matching -- there is sufficient variation.

If individuals are not hungry during their visit to "The Snack Zone" they are welcome to do a small art project or look at food-based magazines and cookbooks. Feel free to drop by and have a snack -- all are welcome!

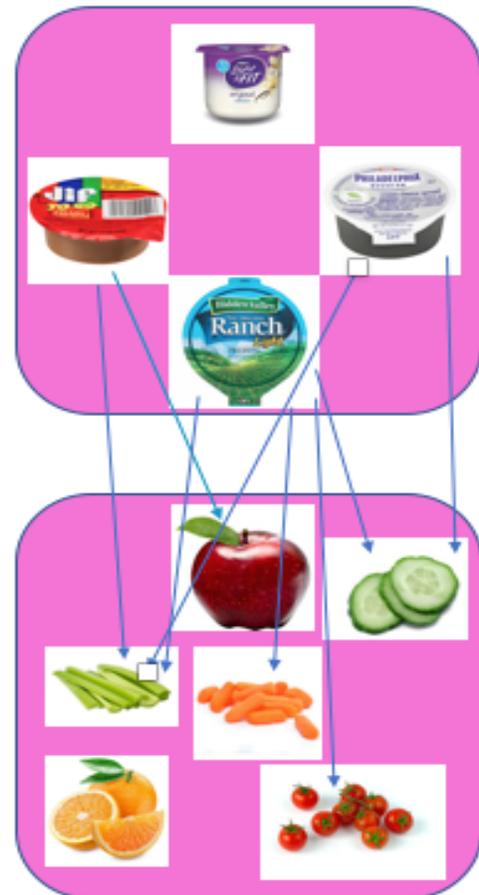


Fasting Tuesday!

March 6th we tried overnight oats!

63% participants liked it 😊

37% didn't like it ☹️





Hot Potato University

On March 13th, Alisa Patnaik set a record during Hot Potato University! She prepared 33 potatoes all by herself.

Hot Potato University is a program on the 9055-teaching floor that takes place every Tuesday at 10 am. During this fun-filled hour, students learn the skill sets involved in preparing baked potatoes. They work their way through our innovative five steps to a perfect potato.

Tasting Tuesday!

March 13th we tried Irish Soda Bread!

85% of participants like it 😊

11% didn't like it 😞

4% wouldn't try it ✖

Step 1: Students wash and scrub their potatoes

Step 2: Students dry each potato with a towel

Step 3: Students wrap each potato in foil

Step 4: Students carefully poke each potato with a large fork

Step 5: Students count potatoes and place in a bag

At the end of class, each student receives a sticker indicating how many potatoes they prepped that day. We believe this program is particularly advantageous for individuals who are just beginning their journey to becoming chefs.



Tasting Tuesday!

March 20th we tried polenta!

92% of participants like it 😊

4% didn't like it 😞

4% wouldn't try it ✖

