



Kids Light ABC Soup

136 Calories per serving, 30 minutes cook time, easy :)

Ingredients for 4 servings

- 1 tablespoon olive oil
- 1 Leek (diced)
- 1 carrot (diced)
- 1 stick Celery (diced)
- 1 small zucchini (diced)
- 4 cups vegetable stock
- $\frac{1}{2}$ cup peas
- 1 cup alphabet Pasta
- 1 cup shredded Spinach
- A little salt and pepper

1 Heat the oil in a large pan and cook the leek, carrot and celery for 5 minutes, stirring occasionally, until tender. **2** Add the rest of the vegetables and cook for a further 5 minutes. **3** Add the stock and bring to a boil. Reduce the heat and simmer for 10 minutes. Add the peas and pasta and cook for 5 minutes, stirring occasionally. **4** Stir in the spinach and cook for 1 minute until wilted. Season to taste with salt and pepper. Leave to cool, then pour into a sealable jar and chill until needed.

SIGN UP AT THE QUEENS HEALTH CENTER DURING KIDS' DAYS TO RECEIVE AN EASY RECIPE & A CHEF'S HAT FOR YOUR CHILD :) *Bon Appétit*

Imagination & Preparation!
This class will encourage adult supervised activities to promote a love for home-cooked foods, with a balance of physical activities the entire family can enjoy!

KITCHEN SAFETY FIRST!
Keep children away from sharp kitchen tools, open flames and hot surfaces. ENJOY!



The New York Hotel Trades Council
HEALTH CENTER, INC.
The Hotel Association of New York City, Inc.

**QUEENS
HEALTH
CENTER**



SIGN UP TODAY for our NEW Upcoming Program:

Healthy Little Chefs!

LEARN TO COOK DELICIOUS,
HEALTHY MEALS



STARTING OCTOBER 2017

Queens Health Center | 37-11 Queens Boulevard, LIC, NY 11101 | Call 212-237-3030 to request information or sign up!



The Healthy Little Chef's Food & Fun Team cannot wait to work with you & your little ones! :)

Are you looking for ways to help your child develop healthy eating and exercise habits? Let's turn picky eaters into Healthy Little Chefs! Adults with at least one child age 6 to 12, enrolled and eligible for Health Center services can sign up today for this class, hooray!

This program will begin this fall.

The exact program schedule, meeting instructions, recipes and much more will be sent to you, so make sure you:

- ☑ Setup your HappyHealthyMe account and access your child's account (aged 12 or younger). Go to www.happyhealthyme.org

- ☑ Confirm your mailing address with us before classes start. You don't want to miss what we will be sending to you at home!

Now let's talk about imagination & food preparation! This class will encourage adult supervised activities to promote a love for home-cooked foods, with a balance of physical activities the entire family can enjoy!

KITCHEN SAFETY FIRST! If you do not already cook and know kitchen safety, we suggest you wait for future programming to build your skills.

SAFETY & PROGRAM DESIGN: All contact in person & in email will be directed towards the adult in the



Good life long habits are easier to create when those at home participate and work together!

household who registers for the program.

Materials and activities will be sent to you, the parent/legal guardian to share with your child or children as you discover new foods, recipes and workouts together! ENJOY!

- Weekly emails and contacts will be sent to you for 16 consecutive weeks.
- We will ask you to share your child's new food/meal choices, how they added fun to each day and their weight along the way.
- Each month (if it's not too cold, snowy or icy), we will host a food tasting for you and your enrolled children at the Queens Health Center. Be ready to share your food pics with us when you come and pickup your free gifts as well!

