



Headwater Food Hub is changing the business of food by providing restaurants, institutions, and eaters access to regional foods at fair prices, while supporting local farmers.

Cornell students worked with Director of Community Program T C Washington to create recipes and educational materials for food kits for low-income elementary students.

Community partner

T C Washington
Emergency Food Assistance Program Manager
Farm to School Program Manager
Headwater Food Hub

Cornell Students

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**Cornell University Civic Ecology Lab
2020 Fall**





BROCCOLI BITES

INGREDIENTS

- 1 tps of olive oil
- 1/2 cup onion, chopped
- 1 head broccoli, florets and stem, chopped
- 2 tbsp basil leaves
- 1/2 tsp dried oregano
- 1/2 tsp garlic
- 1/4 tsp salt and pepper
- 1 tbsp nutritional yeast
- 1/4 cup all-purpose flour
- 1/4 cup bread crumbs
- 1 large egg

Nutrition Facts	
Serving size: 1 ball	
Servings: 12	
Amount per serving	
Calories	50
	% Daily Value*
Total Fat 2.1g	3%
Saturated Fat 0.3g	1%
Cholesterol 14mg	5%
Sodium 88mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 1.9g	7%
Total Sugars 1.2g	
Protein 2.9g	
Vitamin D 1mcg	6%
Calcium 37mg	3%
Iron 1mg	5%
Potassium 198mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DIRECTIONS

1. Heat oil in a pan over medium heat. Add onions and cook for 3 to 4 minutes.
2. Pulse the broccoli and basil in a food processor until grated (~1 min). Add to the pan. (2.5 to 3 cups grated). Add a dash of salt, mix and cook for 3 to 4 minutes to dry out the excess moisture. (If the broccoli is dry, cook for only a minute). Take off heat.
3. Add in the spices, flour, breadcrumbs. Mix well. Whisk large egg. Mix in. Add the nutritional yeast. Add more breadcrumbs if needed.
4. Shape the mixture into balls. If the balls are too crumbly (depends on the moisture content, size of grated broccoli etc), add another large egg.
5. Place on a parchment paper lined baking sheet. Preheat the oven to 400 degrees F.
6. Bake for a total of 20 to 25 minutes or until crisp and golden on the outside. (Turn the sheet around after 15 minutes, and continue to bake).

PREP TIME: 15 MINS
COOK TIME: 25 MINS
TOTAL TIME: 40 MINS



CORN CHOWDER

INGREDIENTS

- 3 cups onions, chopped
- 7 cloves garlic, minced
- 2 tbps. olive oil
- 4 carrots, cut in rounds
- 2/3 head celery, chopped
- 4 cups whole corn
- 1 lbs baby yukon potatoes, chopped
- 2 red bell peppers, chopped
- 1 cup scallions, chopped
- 1/3 cup cilantro, chopped
- 1 cup vegetable stock
- salt and pepper to taste

Nutrition Facts

Serving size: 1 cup	
Servings: 8	
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Amount per serving	
Calories	183
	% Daily Value*
Total Fat 4.6g	6%
Saturated Fat 0.7g	3%
Cholesterol 0mg	0%
Sodium 84mg	4%
Total Carbohydrate 34.7g	13%
Dietary Fiber 6g	22%
Total Sugars 8.4g	
Protein 4.9g	
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Vitamin D 0mcg	0%
Calcium 44mg	3%
Iron 3mg	16%
Potassium 718mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

DIRECTIONS

- 1. Saute onions, garlic, and olive oil in large pot on medium-low heat for ~ 5 minutes*
- 2. Add carrots, celery and potatoes, saute on medium-high heat for ~ 10 minutes (until potatoes are soft)*
- 3. In a separate bowl or blender, puree two cups of whole corn*
- 4. Add two cups of whole corn, two cups of pureed corn, and vegetable stock to pot*
- 5. Once corn and stock is heated up, add bell peppers, cilantro, parsley, and salt and pepper*
- 6. Turn off heat, and let cool ~ 5 minutes before serving*

PREP TIME: 20 MINS
COOK TIME: 30 MINS
TOTAL TIME: 50 MINS



SWEET POTATO BURGERS

INGREDIENTS

- 2 cups mashed sweet potato
- olive oil
- 1.5 cups brown rice
- 1 cup cooked salted black beans
- 1/2 cup green onions, diced
- 1/2 cup walnuts, finely chopped
- 2.5 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 tsp salt and pepper
- 1 tbsp brown sugar

Nutrition Facts

Serving size: 1 burger
Servings: 12

Amount per serving	
Calories	259
	% Daily Value*
Total Fat 8.4g	11%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 40.1g	15%
Dietary Fiber 4.6g	16%
Total Sugars 3.7g	
Protein 7.5g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	13%
Potassium 441mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

DIRECTIONS

1. Preheat your oven to 400 degrees F and cut the sweet potatoes in half. Rub them with olive oil and place them face down on a foil-lined baking sheet. Bake sweet potatoes until soft and tender to the touch – about 30 minutes – set aside. Reduce oven heat to 375 degrees F.

2. While the sweet potatoes are baking, cook the rice according to package instructions.

3. Add black beans to a mixing bowl and mash half of them for texture. Peel sweet potato, add and lightly mash, then 1 cup rice, green onion, walnuts and spices. Mix to combine. Add more rice if the mixture feels too wet.

4. Lightly grease a baking sheet.

5. Fill a ¼ cup measuring cup with sweet potato mixture. Scrape down to pack, then lift out and transfer to the baking sheet and gently press down to mash.

6. Bake burgers for a total 30-45 minutes, carefully flipping 20 minutes in to ensure even cooking.

7. Serve on buns or top of a salad or veggies.

PREP TIME: 15 MINS

COOK TIME: 1 HR 15 MINS

TOTAL TIME: 1 HR 30 MINS



Chapter: Cornell University	Buddy Family: N/A	Activity Date: 11/30-11/03
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Hi Mentors!

For this week’s activity you will be sharing your screen, be sure to check what is visible before you do so (it may be best to open a new browser window). Before activity begins make sure to take all of the measures required for College Mentors at Home and go through the checklist. Also be sure to turn off private chat.

Time	Activity Categories	Activity Guidance
<i>5 minutes</i>	Debrief!	Spend a couple of minutes saying hello and catching up with your group. Have each person go around and say what their high, low, and hero from the last week was (High – best part of the week, Low – worst part, and Hero – someone who did something nice or inspired them in some way).
<p>For each of the activity categories, explain the options, and allow the little buddies to decide which to do or do more than one!</p> <p>You do <u>not</u> need to complete all activity categories if time does not permit.</p>		
<i>10 minutes</i>	Get Active!	<p>Option 1: Vegetable Song - all about vegetables, has a great bop and could be super fun to dance to: https://youtu.be/Ds6tUxatnTs</p> <p>Option 2: Fruits and Veggies Dance - this one is a video of a group performing a fun (and easy) dance to a song, learn it and get moving! https://youtu.be/gFVi_zwM_Kc</p> <p>Option 3: As always feel free to do anything else that gets your group active and moving!</p>
<i>10 minutes</i>	Healthy Eating	Today, we’re going to talk about food—how we get our food, what we need to eat to ensure that we stay healthy, and how to eat food that helps both the Earth and everyone on it to stay healthy.

		<p>Option 1: Discuss everyone’s favorite fruits and vegetables- what do they like most about them? If they don’t have one, ask what they like eating. Have they ever grown anything in a garden before- if so, what? What kinds of things are necessary to grow fruits and vegetables?</p> <ul style="list-style-type: none"> • <i>Game: Can you identify these edible plants?</i> https://agforkids.com/edible-plant-game.php <p>Option 2: I know that you have all learned about how important it is to eat a balanced, nutritious diet full of healthy foods. What are healthy foods? And what makes up a balanced diet? How many food groups are there? Can you eat only one thing and have a balanced diet?</p> <ul style="list-style-type: none"> • <i>Game: Healthy Eating Game - Build a Balanced Diet!</i> <i>This game allows you to build a healthy diet based off of the foods of different countries, the site operates a little slowly so be patient.</i> <ul style="list-style-type: none"> ◦ https://ssec.si.edu/pick-your-plate?gclid=Cj0KCQIAqo3-BRDoARIsAE5vnaKZS9CgmjL-IwFIsg_HEJP1BoBAtryzONxkx5ewfSI7Tf2dezKkr8aAgNNEALw_wcB <p>Option 3: Use this site to see where plants are in your life and why they’re so important</p> <ul style="list-style-type: none"> • https://agforkids.com/home/why-people-need-plants.php • This is a great site with a lot of games about healthy eating and plants - feel free to explore and use it !
10 minutes	Headwater Food Hub	<p>Option 1: Watch this video from a local Ithaca farmer produced by our partners for this weekend, Headwater Food Hub which helps sustainable small farms!</p> <p>https://www.youtube.com/watch?v=_NDe2tlq0-Q&ab_channel=cornellsmallfarms</p>
10 minutes	Seasonality of Food	<p>Now that we were able to hear from a farmer, we should talk about how exactly they grow your food.</p> <p>Option 1: Ask: Did you know that certain foods only grow during a specific season? If so, can you think of an example? (Good examples include pumpkin and apple picking in the fall, berry picking in the summer, eating watermelon outside in the summer).</p> <p>Take a look at the seasonality chart https://docs.google.com/document/d/1cWP9_7O57LCb5YY8vHmim9BKcf3vkgKAu-qmRttEUUY/edit?usp=sharing</p> <p>Discuss when some of their favorite fruits and vegetables will grow. Why do you think certain fruits and vegetables only grow at a specific time of year?</p> <p>Option 2: Plant veggies with PBS</p> <ul style="list-style-type: none"> • https://pbskids.org/sid/games/vegetable-planting

10 minutes	Sustainability	<p>Option 1: Eating more vegetables can be better for the earth! Explain to your little buddy that if you eat foods that Ithaca farmers grow, it uses less gas to bring your food to you, which helps the environment. If we eat the vegetables that we grow to feed livestock, we can also save water and reduce the amount of energy it takes to feed a lot of people. A good video to show them below!</p> <ul style="list-style-type: none"> • https://youtu.be/uh-tECeaMCA • https://www.youtube.com/watch?v=INMcvuGB6Uo <p>Option 2: Talk about ways you can make your eating more sustainable (exs: Meatless Monday, buying local fruits and veggies, reducing waste, etc...)</p> <p>Option 3: Here are some more videos and sites on sustainability to use if your group has more time</p> <ul style="list-style-type: none"> • https://www.childrensnutrition.co.uk/full-blog/food-sustainability (site that runs through sustainability and how it relates to food, might be repetitive and better for mentors to look through BEFORE you start activity so you know what you're talking about) • https://www.youtube.com/watch?v=f0ZxyoN9ax0 (Sustainable Food Facts) • https://www.youtube.com/watch?v=LE23CFC2Jlc (National Geographic Sustainability for Kids)
5 minutes	Wrap Up:	<p>Discuss with your group</p> <ul style="list-style-type: none"> • one thing you learned about healthy eating today • Why healthy eating is important for us and the world • What can we do to eat more fruits and veggies • what your favorite part of today was <p>Free conversation time as well!</p>
POST ACTIVITY		<p>REMINDER: If you haven't already, make sure you send out your emails for the Friends and Family campaign and send screenshots to the right person so you can be entered in the Raffle for these gift cards!</p>

