

## MOVEMENT

### Fitness at Crossover:

We are offering a free 30 minute virtual workout on Zoom three times a week.

Anyone can sign up for it (YOU MUST REGISTER!): [Sign Up Here](#)

The schedule will be as follows:

- Mondays @7AM PST/10AM EST
- Wednesdays @7AM PST/10AM EST
- Fridays @12PM PST/3PM EST

### Yoga:

[Core Power Yoga](#)

[Down Dog Yoga App](#)

[Yoga with Adrienne](#)

### Cardio:

[Barry's Boot Camp on IGTV](#)

[Rumble on IGTV](#)

[Daily Burn](#)

[Planet Fitness at Home  
Workouts at 7pm ET](#)

[Orange Theory at Home](#)

### Other:

[Pure Barre On Demand](#)

[Sweat: Kaylea Itsines](#)

[Peloton App](#)

[Nike Training Club App](#)

### Food Safety Amid COVID-19:

[EatRight.org - Food Safety Amid  
COVID-19](#)

### Tips on Making Food Last

[How to Make Produce Last  
Longer](#)

[How to Freeze Fresh Fruits and  
Vegetables](#)

### Recipes

[Sweet Potato and Chickpea  
Chana](#)

[Spinach and Tortellini Soup](#)

[Instant Pot Frozen Chicken  
Teriyaki with Rice and Broccoli](#)

[Chickpea Curry with Rice \(or  
sub with other grain\)](#)

[Cold Curry Peanut Noodles](#)

[Black Bean Hummus](#)

[Peanut Butter Ramen](#)

[7 Can Soup](#)

[Spicy 3 Bean Pantry Chili](#)

[Mark Bittman's Raw Beet Salad](#)

[Kitchen Sink Vegetable Frittata](#)

[Well and good Healthy Pantry  
Meals](#)

[Love and Lemons Pantry  
Recipes](#)

[The Kitchn Easy Pantry Meals](#)

[Off the Shelf: Cooking From the  
Pantry by Donna Hay](#)

## Snack Ideas

[Protein snacks - Be sure to add 1 serving of carbohydrate](#)

[Additional Protein Rich snack ideas - be sure to add 1 serving of carbohydrate](#)

[Cooking Light - office snacks](#)

[Heart Healthy Snacks](#)

## Healthy Indulgences

[Banana Ice Cream](#)

[Ultimate Chocolate Pudding](#)

[Fudgy Chocolate Chickpea Brownies](#)

[Berry Tart Honey Yogurt Filling Graham Cracker Crust](#)

## Cooking Resources

[The Kitchn](#)

[Minimalist Baker](#)

[Epicurious](#)

[Cooking NY Times - Video Tutorials](#)

[Recipes From a Pantry](#)

[Home Cooking Show Podcast](#)

Food52 Text Line for Cooking Questions: 917-540-5370

## Meal Planning

[Detailed Planning Template](#)

[Simple Planning Template](#)

[Mealime App](#)

[Allrecipe.com](#) (use ingredient search feature)

[Recipeland.com](#)

## Daily Schedule Template Samples

[TemplateLab: Daily Planner Template](#)

[The Lean Green Bean: Daily Activities Chart](#) (good for kids)

## Resources for Children

### *Movement*

[Cosmic Kids Yoga](#)

[Go Noodle](#)

[Just Dance](#)

[25 Ways to Move at Home](#)

### *Educational*

Reading/Literature:

[Audible Stories](#) (K-12)

[Storyline: stories read by famous actors](#) (K-4)

[Stories/activities read by children's authors](#) (K-12)

Cross Curricular:

[Scholastic Learn at Home](#) (K-9)

[Learn in Color](#) (K-12)

[List of Educational Companies Offering Free Subscriptions While Schools Are Out](#) (K-12)

[Khan Academy](#) (Pre K-12)

[National Geographic](#) (Pre K-12)

[Brain Pop](#) (K-12)

[PBS Learning resources](#) (Pre K-12)

Single Subject:

[List of Science activities and lessons for all ages](#) (K-12)

[Math Playground](#) (K-6)

### *Recipes*

[Nutritious Life: Applesauce](#)

[Super Healthy Kids: Recipes](#)

[My Food and Family: Peanut Butter and Banana Sandwich](#)

[Build your own Trail Mix](#)

[Healthy Snacks](#)

[Oatmeal Pancakes](#)

[5-Ingredient Cereal Bars](#)

[Peanut Butter Banana Bars](#)

[Build your own Pizza](#)

[Baked Taquitos](#)

[Lunch Box Pasta](#)

[Stir Fry](#)

[One Sheet Chicken Meal](#)

**Virtual Museum Tours and Live Cams**

[Monterey Bay Aquarium Live Cams](#)

[San Diego Zoo Live Cams](#)

[Children's Discovery Museum](#)

[The Tech Interactive Field Trip](#)

[Yosemite National Park](#)

[British Museum \(London\)](#)

[Guggenheim Museum \(NYC\)](#)

[Smithsonian National Museum of Natural History \(DC\)](#)

[The Metropolitan Museum of Art \(NYC\)](#)

[National Gallery of Art \(DC\)](#)

[Musee d'Orsay \(Paris\)](#)

[Pergamon Museum \(Berlin\)](#)

[Rijksmuseum \(Amsterdam\)](#)

[Van Gogh Museum \(Amsterdam\)](#)

[Uffizi Gallery \(Florence\)](#)

[National Museum of Anthropology \(Mexico\)](#)

**LIST OF FOODS THAT LAST**

Fresh Produce:	Canned/Dry Goods	Frozen Foods
Cabbage	Beans - dry or canned	Frozen berries
Squash - spaghetti, acorn, other winter squashes	Lentils - red cooks quickest	Spinach, broccoli or other greens
Carrots	Whole grains - quinoa, farro, bulgur, barley, oatmeal	Frozen veggies
Radish	Canned veggies	Pre-prepared whole grains
Cucumbers	Coconut milk	Riced cauliflower
Jicama	Canned pumpkin	Edamame
Sweet potatoes	Canned tomatoes	Whole grain/high fiber bread (buy fresh, sliced and throw in the freezer to keep)
Beets	Chick pea, edamame pasta	
Garlic, onions, shallots	Whole wheat pasta	
Apples and pears	Stock - chicken, veg, mushroom	
Citrus - oranges, grapefruit	Peanut or other nut butter	
	Nuts and seeds	
	Dried mushrooms	
	Canned fish - tuna, anchovies	
	Hearts of palm	
	Artichoke hearts	

## FOOD SUBSTITUTIONS

If there's no...	Try...
Fresh fruits or vegetables	Frozen or canned fruits and vegetables, unsweetened dried fruit
Bread	English muffins, whole grain pita/wraps, corn tortillas
Rice or pasta	Any whole grain (ex. barley, quinoa, couscous, soba, oats) Potatoes, sweet potatoes, squash (ex. spaghetti, butternut, delicata)
Fresh meat/poultry	Frozen meat/poultry, tofu/tempeh, eggs. Nuts/seeds (whole, butter form, ground) , cheese. Beans/legumes/peas/lentils/edamame (dried, frozen, canned)
Fresh seafood	Frozen fillets, canned/vacuum packed fish in water
Milk/dairy products	Plant-based milk (ex. soy, nut, pea), boxed milk
Fresh onions, garlic, herbs, etc.	Unsalted dried herbs/spices
Pasta sauce	Canned tomatoes/paste, eggplant, olive oil with herbs

## COMBINATION SNACKS

Combine a carbohydrate choice and protein choice at every snack, aim for high fiber foods when available. Select one item from each column to make your own balanced combination

Carbohydrate Choice (15 gms)	Protein Choice (7 gms)
1 slice 100% whole wheat bread	¼ cup nuts
1 whole-grain toaster waffle	1 tbsp natural nut butter (peanut, almond, cashew)
½ cup cooked cereal such as oatmeal	1 boiled egg or 2 egg whites
3 cups microwave popcorn	¼ cup cottage cheese
15 baked potato chips	1 light string cheese
8 animal crackers	1 oz of lean deli meat such as turkey or chicken
½ banana or small apple	1 ounce shrimp/fish
8 dried apricots or 2 tbsp raisins	1/3 cup hummus
¾ cup blueberries or 1 ¼ cup strawberries	2 tbsp of pumpkin or sesame seeds
15 grapes	½ cup tuna salad
¾ ounce low sugar/high fiber cereal (e.g. Kashi, fiber one)	½ cup Greek yogurt
¾ ounce pretzels (15 mini)	
1 cup raw fresh veggies (green peppers, carrots, celery, cucumber, broccoli, etc)	