

Briarcliff Wellness Taste Tests

Fresh and Seasonal Produce comes to the Briarcliff Schools

Briarcliff Middle School is conducting three taste tests, with recipes made from fresh seasonal produce, to expose and encourage students to make better food selections in their daily diets. The taste tests are being facilitated by the school's seventh grade **Home and Careers** classes, which place emphasis on healthy food preparation. Community Markets of Ossining is providing the produce through a mini-grant that was awarded to Briarcliff by The Statewide Center for Healthy Schools and the New York State Association for Health, Physical Education, Recreation and Dance (AHPERD).

The first taste test was held on December 7, 2006. On March 28th, banana-carrot bread was made from stone ground whole wheat, grown and milled in the Hudson Valley was prepared for the second taste test. Squash-carrot soup and Japonica rice salad were also made. All vegetables were obtained from Hudson Valley farms (see the attached recipes). The third taste test will be held on May 30th and will include a "wellness day" with workshops and activities.

Additionally, Todd Elementary School and the Middle School will encourage better nutrition and physical fitness for students with support from the same grant. Murals will be created by students that promote healthy food choices, along with the USDA Dietary Guidelines, and hung in the respective cafeterias. These projects will be facilitated by the district's art teachers.

