



Graduation Ceremony  
Winter Cooking Club Class of 2015



Healthy Hearts Valentine's Celebration

*Friday, February 27th, 2015*

Good Evening Friends and Family,

We welcome you to the culmination of a culinary journey for the members of the Winter Cooking Club of 2015.

Throughout the last several months, these students have been working in the Family Life Academy Charter School I kitchen with classically trained chefs learning various recipes, kitchen skills and lessons in health and nutrition. Some of the recipes they have learned are directly from the lesson books of the top culinary schools in the country.

It is our hope that this experience will encourage the students to get into the kitchen and cook for themselves and their families. We believe cooking is an important life skill, and by controlling what one eats, can encourage healthy eating habits that will benefit them for years to come.

All the food being served tonight has been 100% prepared and cooked by the Cooking Club members. The chefs in the kitchen are there solely to provide guidance and minimal assistance.

We hope you enjoy the fruits of their labor.

Bon Appetit,  
*The Cooking Club Staff*

Chef Bennett Fins  
Maria Castellanos  
Jessica Morales

***All food for tonight's event was  
graciously donated by local vendors.***

# Winter Cooking Club Class of 2015 Graduates

Group A - *meets Monday and Tuesday*

Stephanie Aucapina

Leslie Camano

Jynalis Diaz

Boama Frimpong

Alejandro Martinez

Vicole Martinez

Javier Paulino

Erick Tiburcio

Group B - *meets Wednesday and Thursday*

Aida Achiamaa

Marielis Camilo

Janepsy Duran

Gabriel Gonzalez

Arely Perez

Joshua Perez

Brianna Raia

Angel Reyes

Kendrick Twum

Trevon Williams

## Principal's Message

*February 27th, 2015*

A heartfelt welcome is extended to our event sponsor, **Spring Bank**, and all of the other contributors who worked so hard to make this event a success.

We would like to thank our supporters and all guests who see value in our holistic approach to an excellent education that encompasses the mind and body.

Our hearty congratulations are extended to FLACS I Cooking Club members, as they complete the Winter 2015 program. The club is an integral part of FLACS' Health and Wellness initiative.

Thank you parents for supporting your children in this invaluable after-school experience. This program has enriched their lives and empowered them to embrace a lifetime of healthy eating and wellness. A healthy body facilitates a healthy mind.

A very special thank you goes to our year round cooking club sponsor: the **Simon Foundation**, without whom this program could not happen.

Debra Friday  
Principal  
FLACS I

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graciously donated by local vendors.*

# EVENING

6:00

**Reception**

*music by Anthony Ramirez, Sr.*

6:30

**Welcome**

Chef Bennett Fins

Ms. Wanda Torres

*Vice-President, Board of Trustees  
Chairperson, Fundraising Committee*

6:45

**Dinner**

Ms. Debra Friday

*Principal, FLACS I*

Spring Bank

7:15

**Graduation**

The **Healthy Hearts Valentine's Celebration** builds upon the Family Life Academy Charter School I's (FLACS I) existing Cooking Club curriculum by introducing five local chefs and small business owners to its students through a guest education series.

The series culminates in a student-run Valentine's dinner for parents, families and friends and the graduation for the Winter Cooking Club Class of 2015.

**Spring Bank** is the event and series' primary sponsor, partnering with the FLACS I Cooking Club after-school program in celebration of their seven year history, in honor of the Winter Cooking Club Class of 2015 graduates.

The overall aim is to promote healthy eating in The Bronx.



# HEALTHY HEARTS

**Spring Bank**, founded in 2007, provides affordable financial services to New Yorkers living in The Bronx and Harlem.

It is a community bank that offers both check cashing and traditional banking under one roof with the goal of helping underserved, low-income New Yorkers transition from expensive check cashing services to mainstream banking.

## ~ Menu ~

- *reception* -

### Red Rose Fizz

recipe courtesy of George Carney, Poor Man's Kitchen

### Mountain Morsels

recipe courtesy of Rebecca Scott, Sustainable Snacks

### The Bronx Greenmarket Hot Sauce Bites

recipe courtesy of Chef King Phojanakong, Kuma Inn

- *dinner* -

### Green Salad with Housemade White Wine Vinaigrette

recipe by FLACS I Winter Cooking Club Class of 2015



### Chicken Wing Adobo

recipe courtesy of Chef King Phojanakong, Kuma Inn



### Coconut Lemongrass Ginger Rice

recipe courtesy of Randal Wilcox, Come Más



### Seared Salmon with Mango and Papaya Salad

recipe courtesy of B. Blossom Catering



### Roasted Broccoli and Cauliflower

recipe by FLACS I Winter Cooking Club Class of 2015



### Black Bean Brownies

recipe courtesy of Rebecca Scott, Sustainable Snacks

## Cooking Club Journal Reflections

"Today we made kimchi, it was spicy but not for me. We combined it with pancakes and a spicy soy sauce. It was really good!"

Joshua Perez

"Today we made Sancocho. Chef already had the broth cooking from the night before with other ingredients to make it tasty. We put carrots, celery, yams, pumpkin, and yuca, oh and we can't forget the chicken. While we waited for that to cook we made dumplings and broth, I didn't like that too much."

Angel Reyes

"We made chocolate olive oil cakes. They were amazing! We had never tried it but chef had served it for lunch on Fridays. Tomorrow we are going to decorate the cake that we prepared the other day. We can decorate it any way we want. I'm really excited about that!"

Janepsy Duran

"Today I learned how to make soy sauce and Honey Soy Chicken. First we did the soy sauce. We put a cup of ginger, a cut of garlic, and some honey, we mixed it and we cooked it. Then we did the chicken. First, we cut the chicken, then we put Pam on the aluminum foil so the chicken wouldn't stick. Then added the sauce and let it cook in the oven for 10 min. It was different but good."

Marielis Camilo

"In Cooking Club we made several things, like broccoli, collard greens and carrots. All roasted. I like the carrots, but the others say... I think I will try this someday at home, it would be good for my mom, she would like it!"

Aida Achiamaa

"This day was amazing to me because it was my first day and my turn to cook beside Chef Bennett. We made honey soy chicken. Thank you chef Bennett for this food!!  
BEST DAY EVER!"

Arely Perez

"Today we made eggs and an omelet. The omelet was really crunchy and really creamy. It tasted so good that my mouth watered."

Gabriel Gonzalez

"Today we made spaghetti! First Chef made the sauce and then made the spaghetti, when he mixed them it was the bomb! It was so delicious! Today was the best day ever!"

Brianna Raia



## Cooking Club Journal Reflections

"I first saw how Chef Bennett was using the knife then my friends and I tried cutting a carrot, celery and a cucumber!"

Kendrick Twum

"Today we made dressings for salads. This is pretty easy to make. There are many different types of dressings like apple honey and sherry. I made the sherry one. But the yogurt dressing was my favorite one."

Erick Tiburcio

"I made Bark. Bark is a type of pretzel with different types of chocolate. It was fun and delicious."

Javier Paulino

"When I saw Chef Bennett cut the fish I was grossed out. I felt the fish and it was scaly. Finally I tasted it and it was so good."

Leslie Camano

"Today we made a fruit salad. We cut the core of a pineapple, along with many other fruits. It was very colorful. We put the fruits in yogurt and also used granola."

Stephanie Aucapina

"Today we made brownies. They look very delicious. Seriously very good."

Jynalis Diaz

"Today we learned how to shape bread. We also tasted vegetable soup without salt. I hope I can learn more so I can share my cooking with my family."

Alejandro Martinez

"I made Pancakes today and they taste delicious. I put bananas on mine. I know how to make them so next time I can help my mom when she makes them at home."

Vicole Martinez

"Pizza! We made Pizza today and you could say I got into a sticky situation! (enough with the puns.) The dough is rising over night. I'm going to eat my pizza tomorrow all by myself."

Trevon Williams

"Oh man, today we made chicken soup, it was delicious, we put carrots and celery chicken breasts. We also put some salt and pepper and a little fresh garlic and some olive oil. Yum yum yum all we have to do is wait for it to be cooked! It was amazing!"

Boama Frimpong

A decorative border surrounds the central text, consisting of a repeating pattern of pink hearts and green leaves with stems. The border is thicker on the top and bottom edges and thinner on the sides.

*Congratulations !!*

**Cooking Club  
Graduates**





# BRONX DOCUMENTARY CENTER



## B. Blossom Catering



Family Life Academy Charter Schools are public charter schools, registered as not-for-profit 501(c)(3) in the State of New York and are community grown schools sponsored by the Latino Pastoral Action Center.

FLACS I and the network administrative offices are located at: 14 West 170th Street, Bronx, New York 10452, Tel.: (718) 410-8100 – flacs.flacsny.com

FLACS II: 296 East 140th Street, Bronx, NY 10454, Tel.: (718) 665-2805 – flacs2.flacsny.com

FLACS III: 296 East 140th Street, Bronx, NY 10454, Tel.: (718) 665-2805 – flacs3.flacsny.com



**The Bronx**

69 East 167th Street  
Bronx, NY 10452

1-718-879-5000

**Harlem**

2049 Frederick Douglass Boulevard  
New York, NY 10026

1-718-879-5110

**[springbankny.com](http://springbankny.com)**

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