

How does this pertain to our church?

1 Corinthians 6:19-20 *“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore, glorify God in your body and in your spirit, which are God’s.”*

-Our lord often speaks of bettering ourselves and others.

-This program will create a sense of unity during coffee hour that causes us to think about at least one “healthy” choice per day.

-The lord says that we shall treat our body as if it is a temple.

Special Thanks To

Father Perry-Thank you for your constant support and enthusiasm towards my project.

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Margo Ricciardi-Thank you for the veggie platter, and for offering to help me with my project.

Katie Tzepos-Thank you for taking time out of your busy schedule to be my project advisor and support me throughout this journey.

Mom, Dad, and Gia-Nothing I do would be possible without you guys.

Thank You All SO Much!

Thanks to those who have supported me since a young age. It never goes unnoticed.



A Girl Scout Gold Award Program by Gabriella Gagas

**HEALTHY
EATING AT
HOLY TRINITY**

December 17, 2017

Why These Choices?

I chose to do my project for our church because it is something that is very important to me. I grew up here and the church is a very important part of my life.

I chose the topic of healthy eating because I wanted to explore it more. I also wanted to promote something that could be beneficial for the community.

I chose these specific recipes because I felt that there would be something for everyone, both kids and adults.

Lastly, I chose to do my Gold Award because of what a great learning experience it would be. I've been a Girl Scout since Kindergarten and have worked very hard to get to this opportunity.

More Information About the Girl Scout Gold Award

- **80 hours of service are recommended and it must be a “long-lasting” project**
- **There are pre-requisites: a silver award (which I have earned) and one “Girl Scout Journey” project that may be completed with your troop or if you have not earned your Silver Award you may choose to complete 2 “Journey” projects**
- **It is the highest award a Girl Scout can earn**

For more information about my award or project, feel free to contact me at ggagas88@comcast.net

Recipes Used and Some Benefits of Them

Benefits provided by Katie Tzepos

Plain Greek yogurt with Homemade Light Fruit Granola:

-Oats contain fiber which helps in digestion

-Flaxseeds, also high in fiber, help with digestion and contain all B vitamins which help to make skin, nails, and hair healthier

Banana-Zucchini Bread:

-Bananas are high in potassium, which could decrease muscle cramping and could increase muscle strength. Bananas also contribute to your recommended amount of potassium per day.

-Incorporating Zucchini is also a healthier option than cookies and cakes filled with sugar and other junk food products

Healthy Oatmeal Cookies:

-Oats help with digestion, Whole grains can make you feel fuller faster and because of this it could help promote weight loss

Recipes courtesy of: www.allrecipes.com and www.amyshealthybaking.com

