

## How does this pertain to our church?

### 1 Corinthians 10:31

*“Therefore, whether you eat or drink, or whatever you do all to the glory of God.”*

- This biblical quote discusses that whatever you eat or drink, do it all for the glory of God
- When we fast for feast days and holidays, we may not realize this but the cleansing of our souls for God also translates into considering healthier choices for food and drink.
- Making healthy choices is easier when done in a community. At Holy Trinity we have a great community for support in making healthier decisions.

## Special Thanks To

**Father Perry**-Thank you for being very supportive of my project and providing me with the resources needed to be successful.

**Katie Tzepos**-For educating me on the importance of healthy eating and supporting my project.

**Theia Effie (Efterpy Velezis)**- For making the wonderful fruit platter. I appreciate your help and generosity.

**YiaYia (Nicki Gagas)**- For making the healthy koulourakia that are always such a hit.

**Mom, Dad, and Gia**-For your continuous help and support throughout this project.



**A Girl Scout Gold Award  
Program by Gabriella Gagas  
Vol. 2**

**HEALTHY  
EATING AT  
HOLY TRINITY**

*February 25, 2018*

## Project Update

- Next week, March 4<sup>th</sup> I will be hosting my final “Healthy Eating at Holy Trinity” program to conclude my project and I hope to see you there!
- As an addition to GOYA’s annual trip to the soup kitchen on MLK day; I made salads to promote healthy eating in our community as a part of my project.
- I anticipate finalizing my project by the end of March, which entails completing a presentation outlining my project, for the Girl Scout Leadership Committee.

**\*Next week I will provide a booklet with all of the recipes I have used for those who are interested in using them.**

## How can you get involved?

**Getting involved is something I get asked about a lot. Here are some ways to do so:**

- Consider hosting a coffee hour and providing at least 2-3 healthier options.
- Donate perishable items to a local shelter, they are always in need and health is important to those less fortunate as well.
- Consider involving healthy options at home.

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**For more information, feel free to contact me at [ggagas88@comcast.net](mailto:ggagas88@comcast.net)**

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## A Few of the Recipes Used and Some Benefits of Them

**Benefits provided by Katie Tzepos**

### **Mini Cranberry Tarts-**

Cranberries contain vitamin C, fiber and are high in antioxidants. They also have anti-inflammatory effects, which can help with stomach digestion, cardiovascular disease and urinary tract infections.

**Blueberry Banana Bread-**Greek yogurt is a good source of protein, calcium and vitamin D. Greek yogurt also keeps you fuller for longer, and can be used as a substitute for many higher calorie foods.

**Chocolate Chips Cannoli Cups-**Cheese is a good source of protein and calcium. An adequate amount of calcium in your diet leads to an increase in bone health and a decrease in osteoporosis.

Recipes found on: [www.allrecipes.com](http://www.allrecipes.com)  
[www.buzzfeed.com](http://www.buzzfeed.com)

[www.emilybites.com](http://www.emilybites.com)

