

## How does this pertain to our church?

**Matthew 9:15** *“And Jesus said to them, “Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and they will fast.”*

- This quote from the bible discusses fasting in our faith. Fasting is an important part of the Greek Orthodox faith and what you may not realize is that in some cases it may cause you to eat healthier.

## Special Thanks To

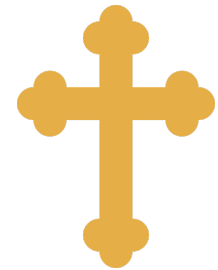
**Carrie**-Thank you for guiding me through the process of coffee hour and helping me make my project a success!

**YiaYia**-For supporting my project and baking the delicious koulourakia that were such a huge success.

**Katie Tzepos**-For educating me on different aspects of healthy eating and guiding me through my project.

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**Father Perry**-For assisting me all throughout this journey.



**A Girl Scout Gold Award  
Program by Gabriella Gagas**

**Vol. 3**

**HEALTHY  
EATING AT  
HOLY TRINITY**

*March 4, 2018*

## Project Update

- I anticipate finalizing my project by the end of March, which entails completing a presentation outlining my project, for the Girl Scout Leadership Committee.
- This is my final coffee hour to conclude my project. (This makes a total of 3 coffee hours)

## Things I have Learned from This Experience

- A major takeaway from this experience was the amount of time and effort that goes into putting on a coffee hour each week.
- I have learned to not take coffee hour for granted but instead offer my help to the community by hosting one.

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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

- **Cheesecake Bark-** Raspberries, strawberries and blueberries are all high in antioxidants and contain fiber. Antioxidants help prevent our bodies from damage, which could also prevent disease and aging. Fiber can help with digestion. Berries are relatively easy to add to your diet. You can add them to smoothies, yogurts, and salads.
- **Mini Cupcakes-**Egg whites are high in protein and contain no cholesterol, the yolk contains all of the cholesterol. Egg whites are also low in calories since the yolk contains majority of the calories.