



# Marketing students fight back with Creativity

THE VERY BEST FROM PROFESSORS' ARCHIVES OF STUDENTS' WORK  
DURING GLOBAL PANDEMIC

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# Introduction

When classes at NJCU switched from in-person instruction to online instruction during the COVID-19 pandemic, Marketing professors redirected their curriculum to provide a creative outlet for students while accomplishing course learning objectives. Utilizing COVID-19 related assignments as a learning technique as well a coping mechanism, students recommitted themselves to Marketing creativity. Two Marketing students then developed one interactive newsletter to feature selections from the professors’ archives of the best student work from MKTG 360 (Writing for Marketing and Public Relations) and MKTG 340 (Visual Communication for Integrated Marketing Communication) during online instruction. The interactive newsletter communicates students’ agility in adapting their Marketing capabilities to new projects (and challenging times) and showcases the strength and creativity of Marketing students in the NJCU School of Business.

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## Productivity Withdrawal... A Condition I Made Up With Symptoms That Feel Very Real

According to the National Center for Education Statistics approximately 15% of undergraduate students are enrolled in online courses only. The remaining 85% of students are enrolled in traditional in-person classes, or have a hybrid schedule that includes both. This statistic has drastically changed in response to the on-going pandemic that has forced the majority of higher education institutions to halt in-person classes. The bullish increase to exclusively online courses for undergraduate students is a necessary evil to safeguard the health and well-being of both students and faculty members.

The dire news headlines and mass migration to online learning became all-too-real in late March, when I finally received an email announcing that New Jersey City University is going to be

online for the remainder of the spring semester. After reading the email announcement, I was stunned and silent, trying to digest the words. The news was bittersweet. Under normal conditions, I enjoy online-learning and willingly opt out of the monotony of in-person instruction in pursuit of my larger professional goals. But this situation is different... there are no larger goals to pursue as the world stands still, and the cracks in the ivory tower of my 'hustle culture' influenced lifestyle are fully exposed.

Entering the third week of online learning I am still processing my emotions while half-heartedly completing the semester online... merely grasping onto any sense of normalcy I can reach. The comfort of learning and working from my bedroom is lost as the days mesh together, and I am forced to recognize how deeply intertwined my self worth and productivity truly are. The twisted joy I felt from overextending myself at school and work no longer exists, and my once never-ending daily to-do list is a blank page.



## COVID Drove Me Into My Car

“Does this noise bother you?” says my mother as a blender goes off before I can say “yes.”

“Can you be quiet?” yells my younger sister. “You’re annoying!” I yell back, as our mother frustratingly tells us both to “Get over it and focus.”

That’s the problem. I can’t focus.

Before the abrupt transition to online learning, I was up and out of my house before any distractions could get to me. Rather than waking up and getting in my car to attend in-person classes, I now wake up to sit in my car and attend online classes. My car is the only place (aside from my now closed campus) where I can focus... I just have to make sure I have a fully charged laptop and my cell phone’s hotspot works.

My daily student routine has taken a sudden detour.

By sitting in my car I give myself a space to actually learn. In my car, there is no TV playing in the background. In my car, there is no annoying sister. In my car, there is nowhere else to look but my screen. A 2007 Honda Civic is not the most ideal classroom but I am alone and tuned in. The New York Times recently interviewed Carlos Polanco of Clifton, NJ, a student who moved back home due to the COVID 19 quarantine and he says that aside from his own schoolwork, he must homeschool his younger sister, care for his parents and pick up daily chores. As one of three students in my household, I can relate to Polanco. In my house, this quarantine has resulted in frustrated and loud “I’m in class” screams mixed with the sounds of a mother who is aggressively and loudly stress cooking.

Though online education has driven me to attend online instruction in my car out of desperate measures to focus, I am still receiving my education. In the midst of this crisis, I can still wake up and look forward to the morning walk to my car and the sound of a familiar voice, even if it is behind a screen. This change smacked me in the face, but I now know I can adapt to drastic changes even if it means sitting in my car to write a paper, take a quiz or hold a video conference. Not ideal, but it works.



## The Reality of Covid-19

Never would any college senior have predicted that their final semester would end with a global pandemic rather than a commencement ceremony.

All around the world graduations are being canceled. Spring breaks are postponed. International students are packing up and flying home in a panic. And, all in-person classes are now being held online. When the news broke about the highly contagious COVID-19 virus, I feared what was to come next. The outbreak was devastating news for college seniors completing their final moments as students. No one could have predicted the rapid rate at which the virus spread, impacting lives all over the world. Since it is easily transmitted from person to person, the virus has forced many of us to adapt and change many aspects of our lives and work from home where we are all safe.

During these scary times, I have reflected on what I took for granted, and am learning the value of family time. Yes, many important events in all our lives have been canceled due to this unfortunate virus. On the upside, we all have busy lives that rarely give us time to take a step back to reflect on important aspects of life.

As a Marketing major in the School of Business, I know the world is always changing and we must adapt to changes. My business classes all quickly adapted and went online. However, I am concerned about other students, such as those studying science-related subjects and musical theater. How are these students adjusting to the change and completing their assignments?

Personally, I've found that many of my classes are much more difficult to complete online with a heavier workload through remote instruction. This has been a wakeup call for us all (including professors) to take all measures necessary to understand the course.

During these strange times, due to the dangers of COVID-19, it is best for all students to remain safe and positive to overcome new day-to-day challenges we face as a nation. The use of online alternatives will assist seniors and many others around the world in making the best of the unfortunate situation.



## COVID-19 & College Student Life

When NJCU announced it was making the switch to remote learning because of COVID-19, my first thought was “How am I going to get anything done?” I’m more than happy to do my part and slow the spread of the virus, however “self-quarantine” for me involves four dogs and up to six other people in the house. This is a reality show I didn’t sign up for and I’m ready to vote everyone off the island (except the dogs, of course).

In my house, privacy is rare and the use of inside voices is a foreign concept. Studying and completing assignments is especially challenging because Starbucks no longer welcomes me, and all the local libraries are closed. I know that many college students are in a similar situation right now, ready to pull their hair out.

Social distancing took away the one escape I had after a long week. Not being able to see friends and go out is further isolating. I, however, along with the rest of the world, must do my part in getting back to a healthy, thriving community. If Italy has taught us anything during this pandemic, it’s how we need to come together and support one another through these tough times. With that said, I’m willing to suffer through this time along with everyone else to get back to normal life. One day I’ll look back on these days and miss the times that my family and I were all together.

On the bright side (for me personally), I have saved some money because quarantine has kept me from going out and I no longer have to commute to school, also giving me a few extra hours of sleep. Not having one-on-one contact with professors is new and different, but I find that Zoom and Blackboard Connect addresses these challenges. Unfortunately, these technological teaching platforms do not eliminate outside distractions as good as a classroom does.

All in all, my sanity has diminished but my appreciation for the outside world and what’s truly important has grown tremendously.



## How COVID Destroyed My Chances of Being with My Crush

A box popped up on the top of my phone screen with a short text notifying me that all classes would be held online for the rest of the semester. The change was made to protect students from the on-going Coronavirus outbreak.

I was thrilled about classes being canceled at first because it meant that my spring break had been extended to May! Suddenly, however, my heart sank in my chest with disappointment. With in-person classes canceled, I realized I would no longer get to see my crush in class anymore.

I used to peek at him in the corner of my eye, longing for the opportunity to get to know him. At first, it seemed like a beautiful twist of fate that I was put into the same discussion group with him. I would slowly inch my way into his heart by trying to impress him with my vast array of knowledge about history. Now, this quarantine -- this cruel twist of fate -- has prevented any chance of taking it any further with him.

At least now I can pay attention to what the professor says without worrying about this distraction.

I used to take for granted the joy of seeing all my classmates in person from morning to afternoon. I never thought I would miss ranting with them between classes about how we “hated” our professors, our majors, and our lives. Interacting with my crush in-person twice a week, however, was something I never took for granted.

Now my crush is nothing more but a distant memory that pops into my mind from time to time as I stare at his image through my computer screen. I long for the days when this quarantine will end, and normal life will return ... and God-willing (and schedule willing) my crush and I will reunite.

Even then...I still might have to stay six feet away from him if the social distancing policy is still in effect.

### My Quarantine Life Style

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- What I'm doing right now
- How I feel right now
- What I'm doing with extra time
- What I'm trying to learn
- What I miss the most

## COVID's Engagement Present

According to the National Conference of State Legislatures, over 1,100 colleges and universities in all 50 states have cancelled in-person classes and shifted to online-only instruction. Our over-extended spring (not so) break has forced students everywhere to adapt to online learning. While many students are devastated, overwhelmed, and challenged due to the COVID-19 induced quarantine, I am grateful for the time the quarantine has granted me. The time has allowed me to focus more on school work, to better myself, and most importantly, to enjoy my recent engagement.

My fiance proposed to me just before the Spring 2020 semester. We attend different universities that are separated by three states and miles of New Jersey Turnpike and other highways. As students in a long distance relationship, my fiance and I have always focused on our studies. We see each other about twice a month for only a few days at a time. As soon as we get comfortable and caught up with each other after weeks apart, we're back at the bus station saying goodbye. Now, because of the quarantine, we no longer have to say goodbye. I am able to enjoy my engagement, my partner's company and complete my school work. It is the best of three worlds for me.

According to Tripsavvy.com, three out of four couples live together before getting married. Until this point, my fiance and I have not been granted this luxury. The day that both of our universities announced the cancellation of in-person instruction, we instantly knew that our usually short quality time would now become indefinite. A cascade of happy tears rolled down my face. We no longer had to say goodbye. We no longer had to facetime. We no longer had to watch the other's bus drive off. This quarantine allowed us to experience living together for the first time, and to enjoy our recent engagement. I went from missing my fiance to enjoying our engagement. I may not be sitting in a classroom, but I am still utilizing my online learning all while I am spending time with my soon-to-be husband and for that, I am grateful.





## A Virus Takes Over the Show

I knew that my last semester would not be movie perfect. But I thought, surely, it would still exist.

I still cannot believe that a virus has taken my entire semester away. On March 16, 2020, New Jersey City University (NJCU) followed several other universities across the U.S. in announcing it was moving to remote instruction until mid-April. It seemed like my senior year was over.

At NJCU, students were ordered to move out of their dorms by a certain date, leaving them scrambling, adding more panic to the already stressful situation. Classes were only supposed to be “suspended until mid-April.” We could come back after an extended spring break, and still have a chance to partake in a normal spring semester. However, students would soon find out that in-person classes would be cancelled for the remainder of the semester. Horror show!

I was upset and overcome with disappointment by the news that my on-campus life was over. And, I was worried. I am not an online learner. I new things were about to get much more difficult for me in classes. This was certainly not what I had in mind for my senior year of college. Instead of celebrating new beginnings, I was quarantined, mourning the loss of college memories that were never made and fearful of how I would even manage to complete online classes.



## Feelings in the Age of Pandemic

As a means of protecting ourselves and avoiding spread during the pandemic of the deadly Coronavirus (COVID-19) disease, the Centers for Disease Control and Prevention (CDC) has advised all people to isolate themselves, or self-quarantine, at home. Authorities all over the world have strictly enforced laws, curfews, and have canceled the physical presence of non-essential jobs and teaching, forcing all students and teachers to switch to online learning. This switch to online learning brings the rules home for all of us (literally). Having to balance the abrupt transition from in-class instruction to online courses comes with hardship and a wave of psychological effects.

Every day, I wake up grateful to be in a healthy body and a healthy home, with healthy family members around me. Yet, I also wake up every day with regret about all the times I took «outside» for granted. «Outside» meaning work, school, my social life, and all the times I chose to complain about any routine requiring me to leave my bed on a schedule. Now, as I practice social distancing from the entire rest of humanity just to be able to live, I'd do anything to have my routine back; for life to feel normal again.



Reviews by specialists show rapid evidence of psychological distress and disorders after surveying those who have been in quarantine or practicing social distancing during this time. This distress includes emotional exhaustion, depression, stress, low moods, irritability, and insomnia -- all which are also common symptoms among college students under normal circumstances. The psychological impact on me, as both a college student and a strictly quarantined civilian, expands as I experience a guilty conscience for even feeling stress-related symptoms while others have tested positive for COVID-19 and essential workers in our community struggle everyday to survive.

In-class instruction has had a more powerful impact on my education. I wake up to a computer screen everyday in the same space that I eat, sleep, and share with my family. It is evident that most professors are cramming the rest of the semester's syllabus into Blackboard deadlines. My workload has increased immensely, leaving me no room to feel like I am in a home. It's just me, my brain, and the computer screen. With at least 10 discussion posts a week, daily individual homework assignments, and video-call meetings left and right, most of the time I lose a sense of the true educational purpose of the transition.

But, am I allowed to feel this way? I am in a healthy body and a healthy home, with healthy family members around me. How are we allowed to feel?





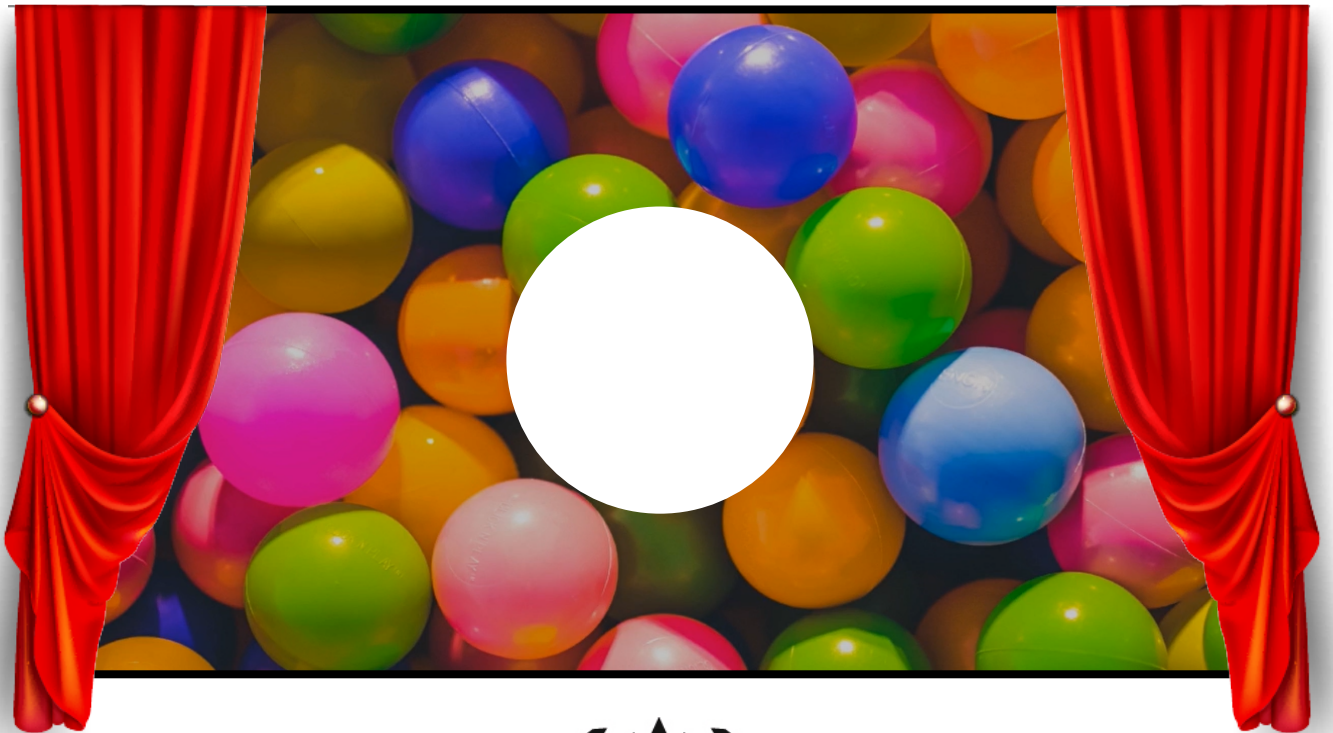
# A day in Life

VIDEOS CREATED WITH ADOBE SPARK



In the design class, students were tasked to create a video using Adobe Spark that showcases their daily routine while they practice social distancing. Below is a compilation of the students' videos created to provide insight into their life during quarantine.

*Enjoy the show!*



## the Healthy Newsletter

### Starting *sport* during quarantine!

No matter what sport you practice, you are bound to have better health than people who avoid sports. No other activity is as productive in gaining endurance, strengthening of muscles and overall physical fitness as sports. Let's see how to start this home workout!



### Yoga

Sequence 1



Sequence 2



Sequence 3



### Fitness

Plank



Donkey Kicks



Mountain Climbing



It's a good idea to stretch after exercise, says the American College of Sports Medicine. The ACSM recommends stretching each of the major muscle groups at least two times a week for 60 seconds per exercise. Staying flexible as you age is a good idea. It helps you move better.

For example, regular stretching can help keep your hips and hamstrings flexible later in life, says Lynn Millar, PhD. She's a physical therapist and professor at Winston-Salem State University. If your posture or activities are a problem, make it a habit to stretch those muscles regularly. If you have back pain from sitting at a desk all day, stretches that reverse that posture could help.

Click [here](#) for do's and don'ts!

### Equipment you may use at home

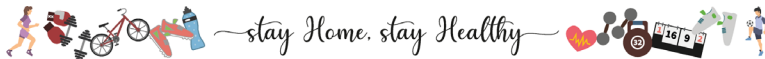
- Dumbbell
- Punching gloves
- Kettlebells
- Punching bag
- Bicycle
- Fitness Bench
- Skipping rope
- Gym ball
- Elliptical

### Workout Music

- PLAYLIST 1
- PLAYLIST 2



Physical Activity matters during this period and, actually, we think it's more important than ever right now. Being active in a way that is right for you, can improve your physical health, help manage stress and anxiety and just generally make you feel better.



### Banana Bread

- Ingredients:
- 3 bananas
  - 2 eggs
  - 150g flour
  - 6g baking powder
  - Chocolate chips

Mash the bananas, whisk the eggs, add flour and baking powder and mix. Add chocolate chips and mix again. Bake in the oven for 40 minutes at 355°F. Serve warm.

### Tips during quarantine

- Set goals
- Avoid junk food
- Create To-Do lists
- Celebrate achievements
- Drink water
- Don't smoke
- Try to meditate

### Importance of having a healthy lifestyle

Healthy habits such as eating a low-fat diet and living an active life help a person to maintain a healthy weight or to reduce excess weight. Simple habits such as walking, taking the stairs and eating fruits and vegetables are effective in weight control. An active lifestyle activates brain chemicals that make a person feel relaxed and happy. A healthy lifestyle leads to a better physique, which boosts self-esteem and confidence. Social connections such as joining a club also improve mood.

Healthy habits prevent diseases such as high blood pressure, stroke, depression, diabetes, arthritis and certain types of cancer.



stay Home. stay Healthy



### Avocado Kiwi tartare

- Ingredients:
- 2 avocados
  - 2 apples
  - 3 kiwis
  - 1 shallot
  - 1 lime juice
  - Parsley

Cube the avocados, apples, kiwis, and shallot, mix together. Add the lime juice and parsley, mix again. Put in the fridge for at least 1 hour.

Serve individual parts fresh.

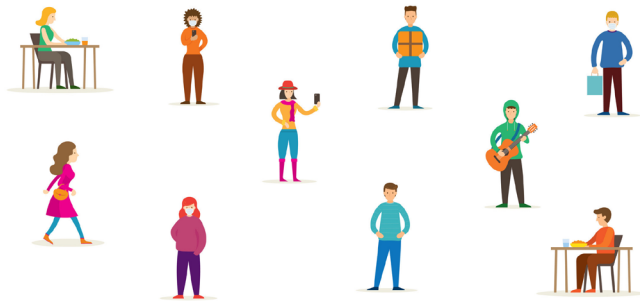


the vegetables. at the bot-  
the pie, spread the pesto  
the mozzarella slices.  
vegetable slices in a cir-  
g from the middle. Put  
en at medium tempera-  
5 minutes to 1 hour.

## Social Distancing? Try Social Media



The world is facing unprecedented crisis which has threatened to disrupt normal life and activities. There is no sector that has not been affected with infections and deaths soaring by the day. The medical fraternity is probably facing the most trying and challenging moments with cries of being overwhelmed heard from different quarters. Governments and other authorities have been on the forefront to call on the masses to observe specific measures that are believed to prevent the infections and most importantly reverse the current trend that is worrying in every single aspect.

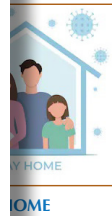


S O C I A L   D I S T A N C I N G



## Precautions

Staying at home then the world will be slowed down. Measures include wearing protective masks, washing hands thoroughly, and avoiding touching the face and basically staying away from areas that are congested.



WASHING HANDS



AVOIDING TOUCHING THE FACE



STAYING AWAY FROM AREAS THAT ARE CONGESTED



# HOW TO: SPA AT HOME

Volume 1; Number 1

April 18, 2020

## WHY HAVE A SPA DAY?

We are living in uncertain times right now. It can be very easy for one to fall into a negative mindset and create a lot of stress from fearing the unknown, especially when you're a parent. A day to relax, unwind, and bring your mind to the positive space can make all the difference in one's emotional health.



## DO SOME YOGA

Along with meditation, incorporate stretching your muscles to your morning routine to help loosen up any tension in your body. Practicing mindful breathing will help bring your mind to the present and take away your attention from the outside world.

## MORNING MEDITATION

There are countless meditations on YouTube that are specified for the morning. These mainly aim to set a positive vibe for the rest of the day and create excitement for what's to come.

## CLEAN DIET

Refrain from eating anything heavy and processed. Feeling bloated and lethargic won't help your body staying positive and relaxed.

## FACE MASK

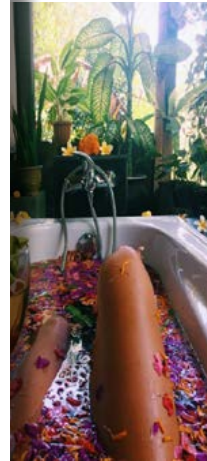
There are a million of masks anyone can buy over the counter, however, a more affordable and quarantine friendly option would be a DIY face mask. Dozens of options can be found [here](#) that can be made from items sitting in your pantry and that are child-friendly.

## DIY BODY SCRUB

No spa day is complete without the removal of old skin cells that create the appearance of dull skin. Similar to foot scrubs, these are very facile to make. [Linked](#) are a number of scrubs and other beauty items that can be made at home.

## FOOT SOAK

Feet after the winter need some serious TLC. Before soaking your feet be sure to [exfoliate](#) them with a simple brown sugar, olive oil, coarse salt, & any essential oil of your choosing. Once exfoliated, allow your feet to soak in a large bowl with warm water and any bath salt of your choice.



## SKIN CARE ROUTINE

A luxurious skin care routine is composed of cleansing, exfoliating, face masks, treating it with serums, and intense moisturizing. Serums can make all the difference in treating skin ailments such as acne and dark spots.

## EXPRESS GRATITUDE

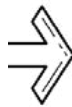
List in a journal or notebook 20 things that you are grateful for. Beginning your day with gratitude will set the tone for the rest of the day. Some points to consider analyzing when devising a gratitude journal are linked below:

- HEALTH
- FAMILY
- RELATIONSHIPS

# Newsletter

SOCIAL DISTANCING NEWSLETTER

APRIL 22, 2020



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2 SOCIAL DISTANCING NEWSLETTER



## HEALTHY SMOOTHIE RECIPES

### DELICIOUS & NUTRITIOUS

During these stressful times it is very important that we give our bodies a little extra love. Cookies and Chips are essential during a quarantine but we should also give fruits and veggies some attention as well! The key to maintaining a healthy lifestyle is all about balance. Here are a few tasty smoothie recipes you can try at home.

### SUPER GREEN SMOOTHIE



- INGREDIENTS**
- 1/2 CUP OF WATER
  - 1/2 CUP OF PINEAPPLE
  - 1/2 CUP OF COCONUT WATER
  - 1 FROZEN BANANA
  - 2 HANDFUL OF A GREEN ( SPINACH, KALE, ROMAINE)
  - 1/2 CUP OF ANY BERRIES (RASPBERRIES, BLUEBERRIES)
  - 1 DATE OR 1 TBSP. MAPLE SYRUP
  - HEAPING TBSP. OF ANY NUT OR GRANOLA BUTTER

**INSTRUCTIONS** PLACE IN BLENDER AND ENJOY

### INGREDIENTS

- 2 CUPS OF FILTERED WATER
- 1/2 CUP OF PINEAPPLE
- 1 CUP OF COCONUT WATER
- 1 CUP OF BABY SPINACH
- 1/2 CUP OF RASPBERRIES
- 1 CUP ROMAINE LETTUCE
- 1 WHOLE BANANA
- 1/2 SLICED APPLE (WITH PEEL)
- 1/4 SQUEEZED LEMON

### INSTRUCTIONS

COMBINE INGREDIENTS IN BLENDER, BLENDER AND ENJOY!

### KID FRIENDLY SMOOTHIE



### THE BOWL

protein and fiber.

### INGREDIENTS

- 1/2 CUP OF FILTERED WATER
- 1/3 AVOCADO
- 1/2 CUP OF COCONUT WATER
- 1/3 CUP OF ORGANIC BLUEBERRIES
- 1/2 CUP OF UNSWEETENED COCONUT MILK
- 2 ORGANIC DATES
- 1/3 CUP OF ORGANIC SPINACH
- 1/2 CUP OF BANANA
- 1 TBSP. GOJI BERRIES
- 1 TBSP. FLAX SEEDS
- 1 TBSP. COCONUT FLAKES

Blend for **blender** for 30 seconds, or until smooth

Place ingredients on bowl

### THE ULTIMATE BEAUTY BOOSTING AND ENERGIZING SPIRULINA SMOOTHIE

### INGREDIENTS

- 1/2 CUP OF WATER
- 1/2 CUP OF COCONUT WATER
- 1 FROZEN BANANA
- 1 CUP MIXED BERRIES (I LOVE IT WITH RASPBERRIES)
- 1/2 PITTED DATE (CUT TO THE TASTE OF THE SPIRULINA)
- 1/2 PEELED CUCUMBER (PEEL TASTES BITTER WHEN BLENDED)
- 1/2 CUP OF SPINACH
- 1/4 CUP ROMAINE (OPTIONAL)
- 1/2 SQUEEZED LEMON
- 1 TBSP. OF ORGANIC SPIRULINA POWDER

### PROCESS

PLACE ALL INGREDIENTS IN A BLENDER FOR 30 SECS. ENJOY !!!



## Fast Food Copy Cat Recipes

Don't let quarantine keep you away from your fast food favorites! Make them at home!

### Classic Chic-Fil-A Sandwich

**Instructions**

1. Put chicken in zippered bag and pound gently with the flat side of a mallet until about 1/2" thick.
2. Cut each breast into 2 equal pieces.
3. Marinate chicken in the pickle juice for about a hour.
4. Beat together egg and milk in a bowl.
5. Mix together the flour, sugar, and spices in another bowl.
6. Heat the oil in a skillet to about 350.
7. Dip each chicken piece into the egg covering both sides, then coat in flour on each side.
8. Fry each chicken piece for 2 minutes on each side, or until golden and cooked through.
9. Place on paper towels to absorb any excess oil.
10. Then serve on toasted buns with pickle slices.



**Ingredients**

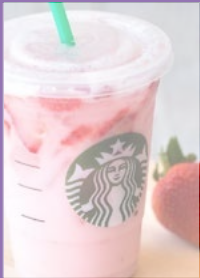
- 2 Boneless Skinless Chicken Breast
- 1/2 cup Pickle Juice
- 2 Eggs
- 1 cup Flour
- 2 tbsp Powdered Sugar
- 1 tsp Paprika
- 1/2 tsp Black Pepper
- 1/2 tsp Celery Salt
- 1 cup Peanut Oil for frying
- 4 Buns (toasted)
- Pickle Slices!
- 1/4 cup Milk
- 1 tsp Salt
- 1/2 tsp Garlic Powder
- 1/2 tsp Basil

[CLICK HERE](#) for more about this recipe!

### Starbucks Pink Drink

**Instructions**

1. In a 2 cup glass measuring cup add unwrapped tea packets.
2. Pour hot water over the packets and let sit until cool.
3. Squeeze out tea packets and toss.
4. Pour white grape juice into the measuring cup with the tea.
5. Fill a glass with Ice and add about 1 cup of the tea/grape juice mixture.
6. Top off with the desired amount of coconut milk.



**Ingredients**

- 4 packs acai berry tea
- 1 cup hot boiling water
- 1/2 cup white grape juice
- 1-2 cups unsweetened coconut milk
- Fresh sliced strawberries

[CLICK HERE](#) for more about this recipe!

### Cheese



**Ingredients**

- 1/4 cup unsalted butter
- 1/4 cup all-purpose flour
- 1 cup milk
- 2 cup heavy cream
- 2 cup shredded white cheddar
- 1 tsp kosher salt
- 1 tsp black pepper
- 1 tsp dry mustard
- 1lb, pasta

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**Ingredients**

- 1 package thawed Pepperidge Farm Pastry Dough
- 1 Egg White
- 1 1/2 tsp Cinnamon (divided)
- 2 Tbsp plus 1/4 tsp Sugar (divided)
- 3 Granny Smith Apples
- 1/4 tsp Nutmeg
- 2 tbsp Butter
- 2 tsp Water
- 1 tsp Flour

### McDonald's Apple Pie

1. Separate the 2 sheets of pastry dough and roll one sheet to 1/4 thickness and roll the other to 1/8.
2. Cut each sheet into 9 pieces.
3. Peel and core apples and dice into small pieces.
4. Heat butter, 2 tablespoons. sugar, 1 teaspoon cinnamon and nutmeg over medium heat.
5. Stir until dissolved and add the apples.
6. Sprinkle with flour.
7. Cook until the apples are soft (8-10 minutes).
8. Remove from heat and allow to cool.
9. Preheat oven to 375.
10. After apples have cooled, add the mixture to the 1/4 pieces of pastry.
11. Brush around edges of each pie with egg whites
12. Top with the 1/8 pieces and crimp the edges using your fingers.
13. Make 3 slits across the tops of the pies.
14. Sprinkle the pies with water to moisten the dough.
15. Sprinkle tops with cinnamon sugar mixture.
16. Bake for 20-30 minutes until they are golden brown.

[CLICK HERE](#) for more about this recipe!

# { Contributors }

Thank you to all the students who agreed to include their work in this newsletter for your hard work and creativity. Contributors include...

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*\*Some students preferred to not include their name on this page in hopes of keeping their work anonymous.*



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