



Pediatric Primary Care

Listings in East Harlem

Boriken Neighborhood Health Center

2253 Third Avenue, 3rd floor
New York, NY 10035
212-289-6650

Metropolitan Hospital

413 East 120th Street
New York, NY 10035
212-423-6262

Mount Sinai Pediatric Associates

1468 Madison Avenue
Annenberg Building, 4th floor
New York, NY 10029
212-659-8559

North General Hospital

1879 Madison Avenue
New York, NY 10035
212-423-4063

Settlement Health and Medical Services, Inc.

212 E. 106th Street
New York, NY 10029
212-360-2600

Milbank/Mt. Sinai Medical Group Children's Aid Society

14-32 West 118th Street
New York, NY 10026
212-369-8339

East Harlem Child Health Clinic NYC Dept. of Health and Mental Hygiene

158 East 115th Street
New York, NY 10029
212-360-5919

Center for Comprehensive Health Practice

163 East 97th Street
New York, NY 10029
212-360-7893

Recreational Facilities for Kids

Asphalt Green

555 East 90th St.
New York, NY 10128
212-369-8890

Boys and Girls Harbor

410 East 100th St.
New York, NY 10029
212-427-2244

Harlem RBI

333 East 100th Street
New York, NY 10029
212-722-1608

Thomas Jefferson Recreation Center

2180 1st Ave.
New York, NY 10029
212-860-1383

Pelham Fritz Recreational Center

18 Mt. Morris Park West
New York, NY 10027
212-860-1380

Randall's Island Sports Foundation

212-830-7780

YMCA—Harlem Center

180 West 135th St.
New York, NY 10030
212-283-8542

Growing Up Healthy

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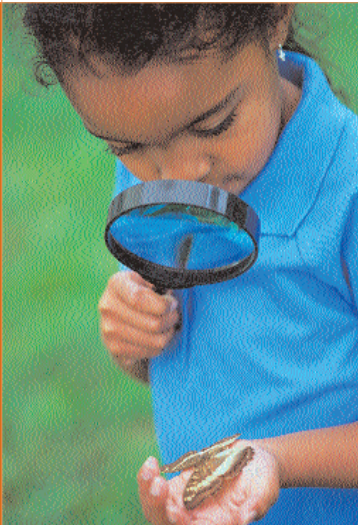
Fox Chase

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Growing Up Healthy In East Harlem



Growing Up Healthy in East Harlem



East Harlem Kids In Action News

A Newsletter from Mount Sinai School of Medicine and the East Harlem Community

Dear Friends:

Welcome back to *Kids in Action News!*

This edition of the *Kids in Action* newsletter is designed to be an East Harlem resource guide for you and your entire family.

We've discovered the best places in our community for finding fresh and healthy foods, and we wanted to let you know about them!

We also wanted to tell you about our Community Outreach activities. If you haven't been to one of our events yet, here are just some of the things you've been missing:

- Ice Skating in Central Park
- Finding DNA in a Real Lab
- Making the "Healthy Truth" Video
- Making Natural Bath Salts and Lotions in the Lab
- Learning about Nutritional Science
- Golfing Like Tiger Woods at Randall's Island

The best part is that every event we host is *free* for you and your family! We'll be hosting many more fun and educational activities in the upcoming year, so be sure to keep an eye out for invitations in your mailbox. To find out what activities are planned for the New Year, or to give us your updated address, call the Community Outreach line at 212-241-1233.

What's Inside This Issue?

- A report on our Making the Video activity
- An easy and delicious winter recipe
- A list of primary care practices in East Harlem
- A map showing where to find healthy and fresh foods in East Harlem

...And lots more!



Participants enjoy mini-golf at Randall's Island

Growing Up Healthy

Kids In Action News

Healthy Recipes We Love to Share

Spaghetti Squash with Parsley and Garlic

Ingredients:

- 1 spaghetti squash (4 lb)
- 1 tablespoon margarine
- 3 cloves garlic, minced
- 1 cup coarsely chopped fresh parsley or grated zucchini
- 1 1/4 cup low fat plain yogurt
- Freshly ground pepper

Preparation Time:
Less than 30 minutes

Directions:

In large pot of boiling water, cook whole spaghetti squash until tender when pierced with skewer, about 30 minutes (some varieties of squash may take longer). In small skillet, melt margarine over medium low heat; add garlic and cook until tender, about 1 minute. Drain squash and cut in half crosswise. Scoop out seeds. Run tines of fork lengthwise over squash to loosen spaghetti-like strands; scoop out strands into baking dish or serving bowl. Add garlic mixture, parsley, yogurt, and pepper to taste; toss to mix.

In a steamer: Cut squash in half crosswise; scoop out seeds. Steam for 15 to 20 minutes or until tender.

Serves: 8 people

Nutrition:

102 calories
0 milligrams cholesterol
23 milligrams sodium
6 grams fiber

More recipes can be found at:
<http://www.5aday.gov/recipes/index.html>

Caught on Tape: Making the Video with Growing Up Healthy!

The Mount Sinai Angels at Growing Up Healthy got together recently to make sure that kids learn The Healthy Truth.

The Healthy Truth is a video for kids, written, directed and edited by kids from the Growing Up Healthy project. With the help of Jillian Greenberg, Priyanka Dasgupta and Laura Vural from TRUCE (The Renaissance University for Community Education) the two day project was a big hit.



Stay Tuned for a Screening of Our Video at Upcoming Events!

On Day 1, at the Dana Discovery Center in Central Park, we rehearsed film roles, like director, stage manager, sound engineer and talent coordinator. Then we got right down to work and started brainstorming and planning ideas for our message. Once we had the ideas we began storyboards with words and illustrations of how we wanted the video to look. We spent the rest of the afternoon rehearsing and filming the scenes.

On Day 2 at TRUCE headquarters we had to wrap it up! We did lots of scene re shoots and then we edited our final footage. As a bonus we even got to play with the TRUCE mascot, a hot dog named Genevieve.

Growing Up Healthy Puzzle

T	S	K	A	T	E	B	O	N	F
W	B	N	R	D	L	S	I	E	G
I	J	I	J	U	F	T	C	R	Y
N	S	C	A	R	F	R	E	C	U
T	W	O	V	D	Z	J	T	Q	Q
E	I	L	B	N	Z	J	T	E	N
R	K	D	J	G	L	O	V	E	S
G	W	C	O	C	O	A	G	S	P
P	N	A	N	I	N	C	Y	R	E
H	A	T	C	S	L	S	P	I	M

FIND AND CIRCLE THESE WORDS

SKATE

COLD

WINTER

GLOVES

ICE

SCARF

HAT

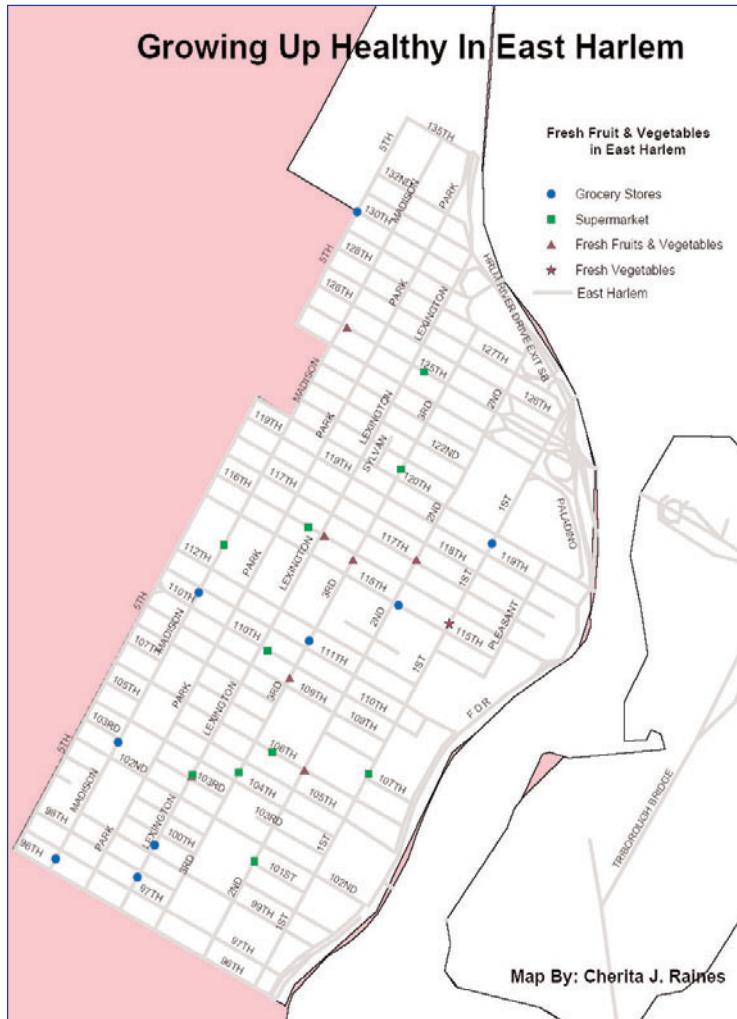
COCOA

Growing Up Healthy

Parents In Action News

Healthy Choices:
Nutritious Food in East Harlem

A diet high in fat and sugar puts kids at risk for overweight. Luckily, East Harlem is home to many stores and markets that stock nutritious, healthy foods. The map below shows the best places to shop so you can make the healthiest food choices for your family.



Market Name	Address
Bani Grocery.....	1517 Lexington Ave
Lane Farms Market.....	1391 Madison Ave
Pioneer.....	2076 1st Ave
Associated.....	1968 2nd Ave
Associated.....	1635 Lexington Ave
Angel's Market.....	1636 Lexington Av
Lexington Fish & Food.....	149 East 103rd St
Associated.....	1510 Madison Ave
Fine & Fare.....	1891 3rd Ave
Met Food Markets.....	235 East 106th St
Rob Dog Fruit & Veg.....	300 East 106th St
K & M Fish Market.....	2055 2nd Ave
Food Choice.....	156 East 110th St
Young Fish Market.....	2004 3rd Ave
Casablanca Meat Market...	127 East 110th St
Pioneer.....	1666 Madison Ave
Meat Market.....	2262 1st Ave
JJ Farmer's Market.....	1991 3rd Ave
Compare Foods.....	2033 3rd Ave
Supermkt.Associated.....	125 East 116th St
Lee's Fruit Market.....	2116 3rd Ave
Houng's Fish Market.....	147 East 116th St
Food Expo Supermarket...	1718 Madison Ave
Vineyard Vegetaria.....	2247 1st Av
Tortilla Factory Inc.....	2282 2nd Ave
Miracle Two Fish Plaza.....	2169 3rd Ave
Little Mexico Meat Mkt.....	2119 3rd Ave
C-Town.....	309 East 115th St
Fine & Fare.....	2330 1st Ave
Associated.....	2212 3rd Ave
Path Mark.....	160 East 125th St
Fruits of Life.....	57 East 125th ST
Associated.....	2170 5th Ave