

rethink

SOARING SUMMER



RETHINK FOOD

wants everyone to have a
#soaringsummer.

INSIDE

Beat the heat with Rethink's
guide to having fun, staying
active and keeping healthy all
summer long!

Illustration Credit: @roozeboos

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SCHOOL'S OUT FOR SUMMER!



Kids across all 5 boroughs are enjoying some well earned time off. To celebrate, the Rethink team wanted to highlight a variety of **free activities** throughout all 5 boroughs that children and families can participate in to keep their days packed with fun.



**THIS SUMMER, RETHINK
HAS LAUNCHED MEALS
ON THE MOVE - A FOUR
MONTH LONG INITIATIVE
TO PROVIDE MEALS
THROUGHOUT ALL 5
BOROUGHES FOR
FAMILIES FACING FOOD
INSECURITY.**

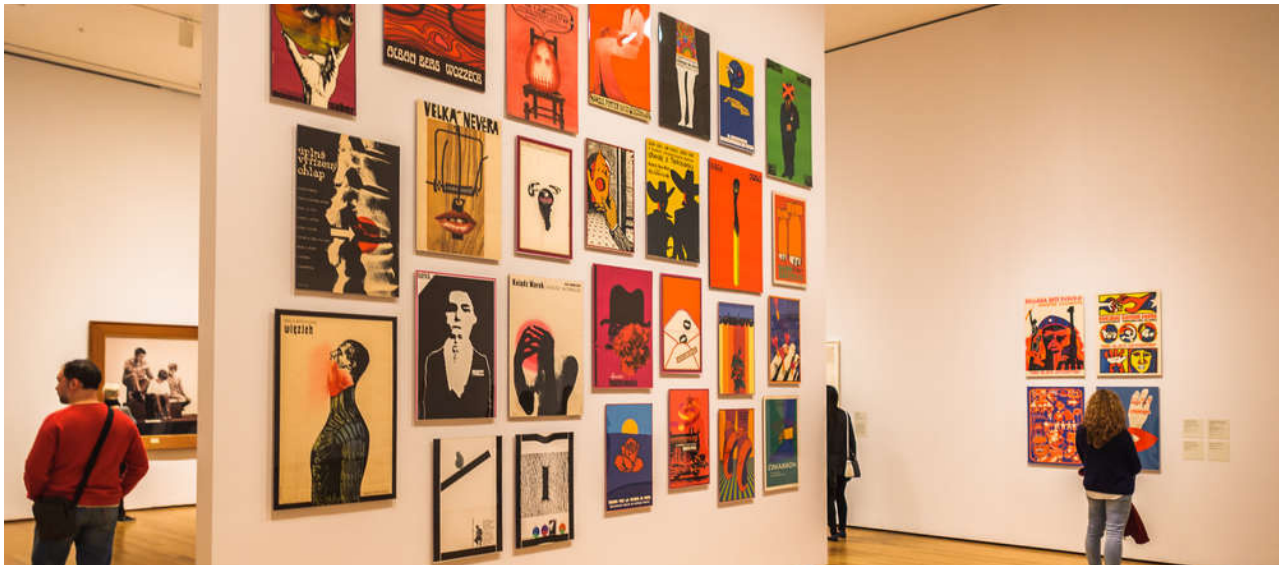
Each week, two dedicated Rethink Food trucks will distribute 4,000 meals to 10 schools throughout Brooklyn, Queens and the Bronx. The initiative will allow us to serve some of the communities hardest hit by the pandemic, while also addressing an urgent need throughout the city, where food insecurity rates for children are among the highest in the country.

If you're interested in helping us realize our mission, donate to Rethink Food [here](#). Every dollar counts, and your contribution goes directly to assisting families who are facing the challenge of food insecurity this summer.

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MANHATTAN



For the Arts & Culture Lovers

Admission is always free at **The American Folk Art Museum!** Located in the Upper West Side, It is *the* premier institution devoted to the aesthetic appreciation of folk art and creative expressions of contemporary self-taught artists from the United States and abroad. Kids can learn about the history of the US.

Love contemporary art? **The Whitney Museum** might just be the perfect spot for you. With multiple floors of some of the worlds more premiere art, it's a fantastic venue to become immersed in some of the worlds most interesting art. Pay-as-you-Wish admission on Fridays starts at 7 - 10 pm , and Children 18 and under are always admitted for free!

**MANHATTAN'S
MANY
SPRAWLING
PARKS AND
WORLD
RENOWNED
MUSEUMS
MAKES HAVING
FUN THIS
SUMMER EASY!**



MANHATTAN



CityParks Track and Field Program

provides an introduction to the simple yet beautiful sport of track and field and gives New York City kids the chance to learn the basics of the sport, from hurdles and relay races to long jump, shot put and javelin throw, while encouraging general fitness and healthy behaviors. With training happening 2x weekly for kids aged 8-17, this is a fantastic option for anyone looking to fill up their afternoons!

If you're more of a ball-sport kind of player, the **New York Junior Tennis and Learning: Free Community Tennis Program** will be right up your alley. With free tennis instruction for kids aged 5-18 all the way through the month of August, participants will be sure to return to school fired up and ready to play.

PREFER TO FILL YOUR DAYS OUTDOORS AND ACTIVE?

Looking for something a little more zen? Increase your flexibility and work on your flow with Free Yoga in Washington Square Park, every Thursday from 8:30-9:30. No experience necessary, just a yoga mat and bottle of water!



BROOKLYN

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Founded in 1910 and located in Mount Prospect Park in central Brooklyn, the **Brooklyn Botanical Gardens** is a perfect place for kids to explore and beat the heat. This 52-acre garden holds over 14,000 varieties of plants and has nearly a million visitors each year! Children under 12 are always free, and a portion of each day's tickets are available free of charge to the community - simply reserve online!

Pining for some adventure?

Sweetwater Playground at Domino Park is one of the city's most epic locations for unbridled playground fun. Mom and Dad, you'll be pleased to know that Danny Meyer's Tacocina is at the ready with tasty cocktails.

FOR THE OUTDOOR ADVENTURERS...

Another amazing playground for all ages? **Brooklyn Bridge Park** has a variety of incredible playgrounds on **Pier 6**. There's the Water Lab, with its spinning water wheel, splash pools, sprays and more; Sandbox Village, with its structures and sandlots; Slide Mountain, with its impressive wooden tower and slides; and Swing Valley, an overgrown allé with swings. There's so much to do, so much fun to have—good thing there's an Ample Hills ice cream stand close by to give your kids a boost.



BROOKLYN

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The Brooklyn Museum is always free for ages 19 and under - and Adult General Admission tickets are pay-what-you-will! At 560,000 square feet, the museum is New York City's third largest in physical size and holds an art collection with roughly 1.5 million works. The Brooklyn Museum is an excellent place to enmesh yourself in the world of great art.

Looking for something a little less traditional? **The Brooklyn Children's Museum** might be the perfect spot for you! Inspired by the energy and diversity of our borough, Brooklyn Children's Museum creates experiences that ignite curiosity, celebrate identity and cultivate joyful learning. Tickets are free or discounted for Cool Culture members, Culture Pass, EBT/SNAP holders, healthcare workers, NYPD, FDNY, Military Families, and teachers. Additionally, the museum hosts Pay-What-You-Wish Play Sessions on Thursdays between 2pm - 5pm (Advance reservations required).

Looking for something a little more general? The **BRIC House** offers a public media center, a major contemporary art exhibition space, two performance spaces, a glass-walled TV studio, and artist work spaces. BRIC House holds events and media classes free of charge every month, so check their website for the schedule!

FOR THE
CREATIVELY
INCLINED...



BROOKLYN

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HUNGRY? PAY A VISIT TO THE RETHINK CAFE!

Chef Prepared meals, daily. Our amazing Cafe invites everyone to enjoy a nutritionally dense meal for a **suggested donation of \$5**. View the daily changing on the Rethink Cafe Instagram (@rethink.cafe)!

The Cafe also offers a stocked market pantry, featuring hand-picked ingredients to keep your home-cooked meals complete and nourishing.



**LOCATED AT
154 Clinton Avenue
Brooklyn, NY**

With more locations coming soon!



QUEENS



Get artsy at the Socrates Sculpture Park! The lush five-acre park blooms with roses and daffodils beneath towering birch and willows that shade the canvas of its green lawn. The internationally renowned outdoor museum hosts ever-changing displays where art and ecology mesh. Stop by in the late spring or fall for your best chance to see artwork in the process of creation. Kids are encouraged to climb on and touch the artwork. Pick up a self-guided tour brochure at the park's main entrance or time your visit to coincide with one of the park's free festivals, performances or film showings!

**UNIQUE
EXPERIENCES
ARE EASY TO
FIND IN
QUEENS.**

You might not expect to see a working farm in the heart of the city, but you'll discover the city's largest tract of unbroken farmland at the **Queens County Farm Museum**. Leave the hectic city behind as you settle into farm life the way it was in the 1700s. The farm produces just about every type of veggie you'll see in the local supermarkets. Take a free farmhouse tour and watch demonstrations of old fashioned butter churning or other farm tasks. Don't forget to visit cute heritage farm animals that include sheep, goats, miniature cows, pigs and chickens.



THE BRONX



GET AROUND THE BRONX FOR FREE ON THE BRONX TOUR TROLLEY!

The Bronx is full of activities to pack your summer days. Bring a lunch and head to **Van Cortlandt Park** for the day. Explore nature trails, bird watch along Van Cortlandt Lake (the largest body of freshwater in the Bronx)!

Animal Lovers can also visit the **Bronx Zoo**—enjoy the children's area, the bug carousel and the sea lion feedings. Sign up for the Bronx Zoo Nature Club, too. This free program meets once a month inside the zoo and encourages families to connect with nature.

Raining - or simply prefer staying indoors? The **Bronx Museum of the Arts** is an internationally recognized cultural destination that presents innovative contemporary art exhibitions and education programs and is committed to promoting cross-cultural dialogues for diverse audiences. Admission is free for all, making it the perfect spot for families to spend a day together.



STATEN ISLAND

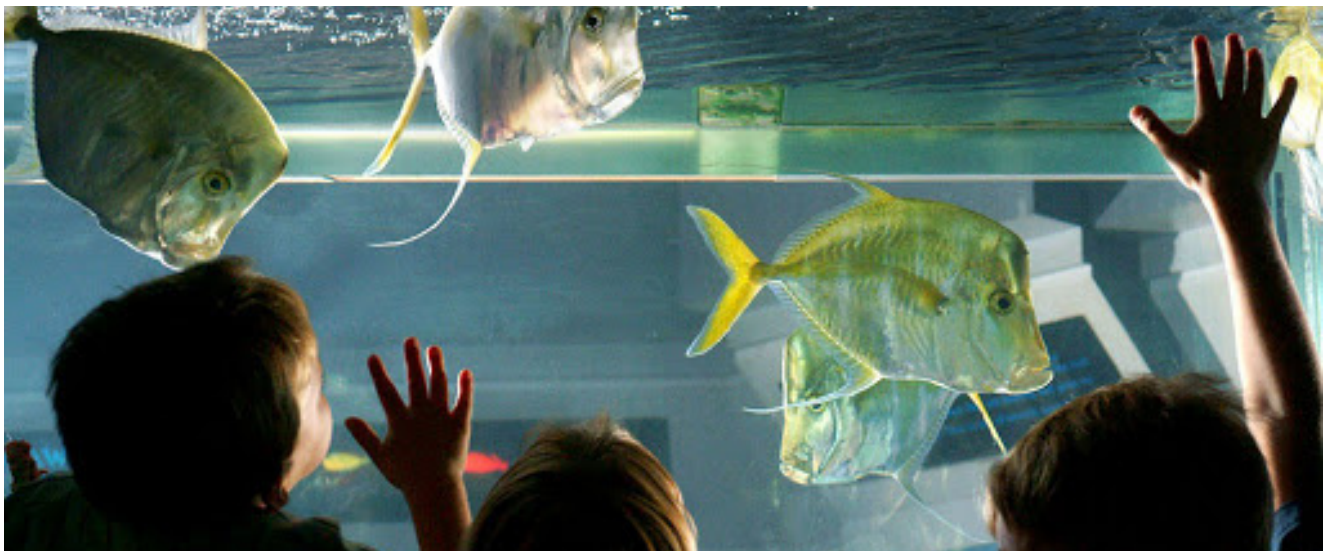
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Last but not least, Staten Island has plenty to offer for anyone looking for an adventure. Start your day at the **Staten Island Zoo**, where Children under 2 are welcome for free, and admission is free after 2pm Wednesdays!

Need a respite indoors? Why not visit the **Staten Island Children's Museum** - a welcoming community place where everyone is empowered to learn, explore and play. Enjoy imaginative, creative, and cultural hands-on experiences for children ages 1 and up. With 12 indoor and outdoor exhibits, dance and art workshops, science and story times, as well as after-school, school break and summer camps, there is something for every child.

Looking for a unique experience that feels miles away from bustling city life? **Snug Harbor Cultural Center & Botanical Garden** is the result of more than four decades of restoration and development to convert a 19th century charitable rest home for sailors to a regional arts center, botanical gardens, and public park. It is a place where history, architecture, gardens, agriculture, visual and performing arts, and education come together to provide a dynamic experience for all ages.

Snug Harbor consists of 28 buildings, fourteen distinctive botanical gardens, a two acre urban farm, wetlands and park land on a unique, free, open campus. Kids and parents alike will enjoy exploring this unique destination, and it promises to pack a whole day of adventure!





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EVERYONE CAN HAVE A #SOARINGSUMMER.

Rethink is so excited to beat the heat and celebrate summer break with you.

To learn more, visit us at rethinkfood.org, where you can read about our mission, our three Rethink Programs or donate.



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