Teens helping Bronxites produce better meals

BY MAGGIE HAYES
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TEENS ARE growing and selling healthy lifestyles at the Learn It Grow It Eat It Youthmarket, and showing the Bronx that living well really is an easy way to live.

Learn It Grow It Eat It, part of the nonprofit organization GreenNYC, has teens from Bronx high schools taking what they've learned about health, nutrition and the environment and putting it into action at the Youthmarket.

The teens demonstrate cooking, sell local produce and lead educational workshops.

"I get to try things that I've never tried before," said Raymond Victoria, 16, a rising senior at Bronx International High School.

"I can take what I've learned, and I should cook for my mom once in a while. That's one of my goals," said Victoria.