Food Literacy in Your Communities

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Why food literacy?
Why the Library (or the school)?

Community Benefits
- Addresses food insecurity
- Addresses health concerns
- Improved test scores
- Social/emotional learning
- Take home skills/behavior changes

Library or School Benefits
- Increased circulation of materials
- Program attendance
- Increased interest in sustainable living
- Stronger partnerships within the community
- Healthier students
SC State Library Demonstrations

- Demonstrations at the State Library, staff PD days, Fall Summit
- Training for programmers working with all ages
- Online and webinar opportunities
Charlie Cart ™
Partners

- Lowcountry Food Bank
- DHEC
- South Carolina Farm Bureau
- Cooking Matters
- National Farm to School Network
Additional Challenges

- Getting administration on board
- Share your ingredients beforehand!
- ServSafe
- Food-adjacent programming (scale your program)
Resources

- Charlie Cart Project: https://charliecart.org/
- SC Read Eat Grow libguide: http://guides.statelibrary.sc.gov/c.php?g=892350
- Cooking Matters: https://cookingmatters.org/
- MedLinePlus: https://medlineplus.gov/
- Farm to School: https://ed.sc.gov/districts-schools/nutrition/special-programs/farm-to-school-program/
Cooking at home Right Now

- Flour Power Kids Cooking Studios
Cooking at home Right Now

EatPlayGrow™ Curriculum

EatPlayGrow™ is an early childhood health curriculum developed by the Children’s Museum of Manhattan in partnership with the National Institutes of Health (NIH) We Can!® obesity prevention program. EatPlayGrow™ combines the latest science and research from the NIH with CMOM’s holistic arts and literacy-based pedagogy to engage families and adults who work with young children. Designed to meet Pre-K and health standards, it offers positive messages about health in fun and engaging ways.

Learn more about our EatSleepPlay™ health outreach.

Download EatPlayGrow™

 eat play grow
Creative Activities for a Healthy Start
America’s Test Kitchen Kids Club

- https://www.americastestkitchen.com/kids/activities/kitchen-classroom
Cooking at home Right Now

- Farm at Briggs Elementary: https://www.facebook.com/FarmatBriggs/posts/
- Ag in the Classroom: https://www.agclassroom.org/
- http://cmom.org/learn/resources/#eatplaygrow-curriculum
- https://kidshealth.org/#cathealthy-eating
- https://libwww.freelibrary.org/programs/culinary/blog.cfm
Questions