

# Food Literacy:

## Providing Access and Knowledge for Your Community

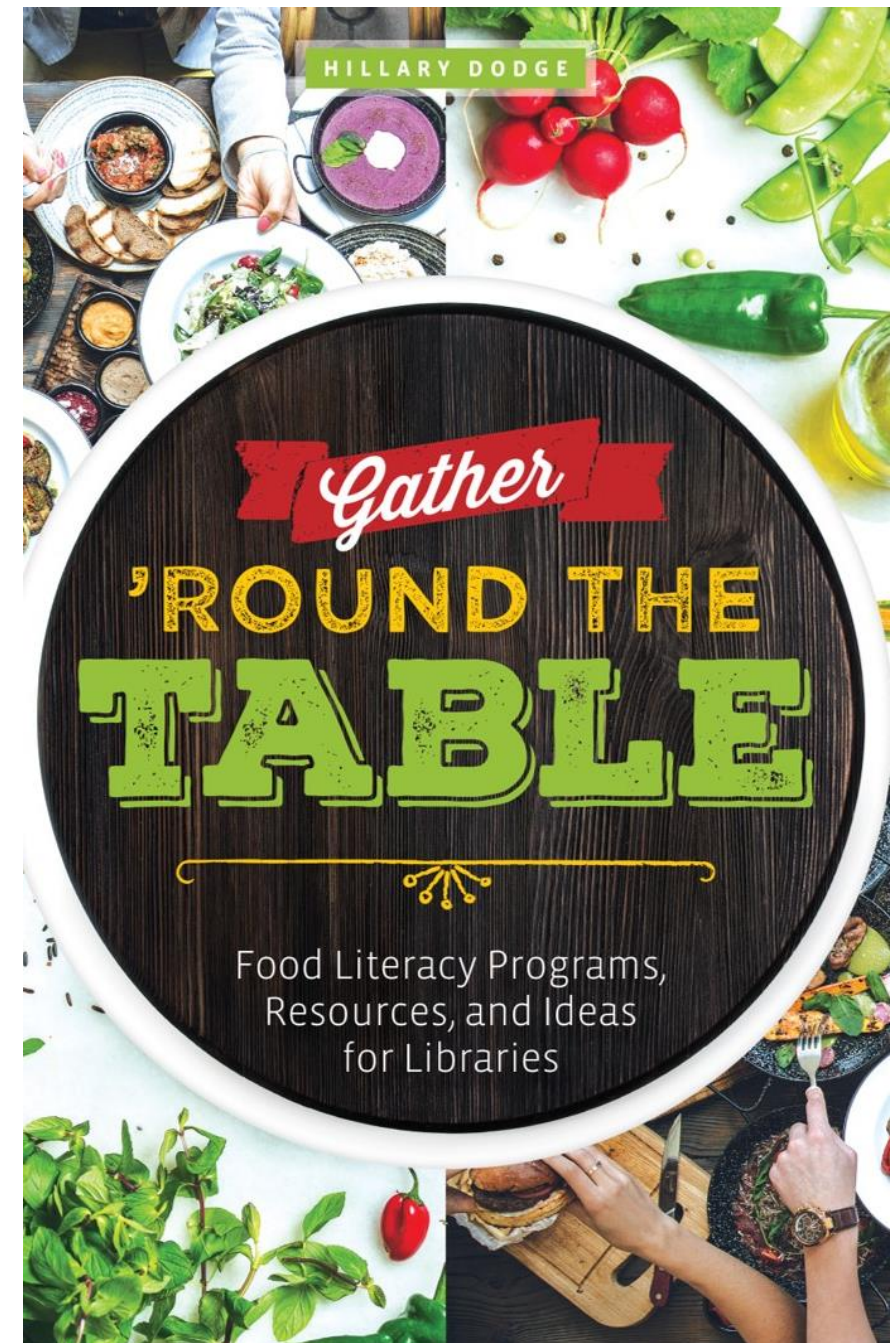
ALA ODLOS Webinars 22 July 2020

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What does it mean to be food literate?

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Someone is food literate if they can...

- Plan
- Manage
- Select
- Prepare
- Eat

...to meet needs.

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...to meet individual/household/community needs.

# The 4 Domains of Food Literacy

Planning



Selection



Preparation



Eating



# Planning

- Prioritize time and money for food.
- Plan meals regularly.
- Make feasible decisions balancing food needs and available resources.



# Selection

- Understand different ways to access food, the advantages and disadvantages of each.
- Determine what is in a food product, where it came from, and how to store and use it.
- Judge the quality of food.



# Preparation

- Make a good-tasting meal from food that is available.
  - Use common kitchen equipment and appliances.
  - Know how to read and adapt recipes.
- Understand and apply basic food safety.





# Eating

- Understand that food impacts well-being.
- Demonstrate self-awareness of the need to balance food intake for health and nutrition.
- Join and eat socially.



Where do libraries fit in?

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## Libraries offer...

Storytimes, concert series, movie nights, game nights, town hall meetings, community conversations, adult education, makerfares, high school graduations, nationalization ceremonies, human library, social workers, device help, materials, space, internet, genealogy, regional history, embedded librarianship, voting centers, research help...the list goes on.

# Where do libraries fit in?

We are about...

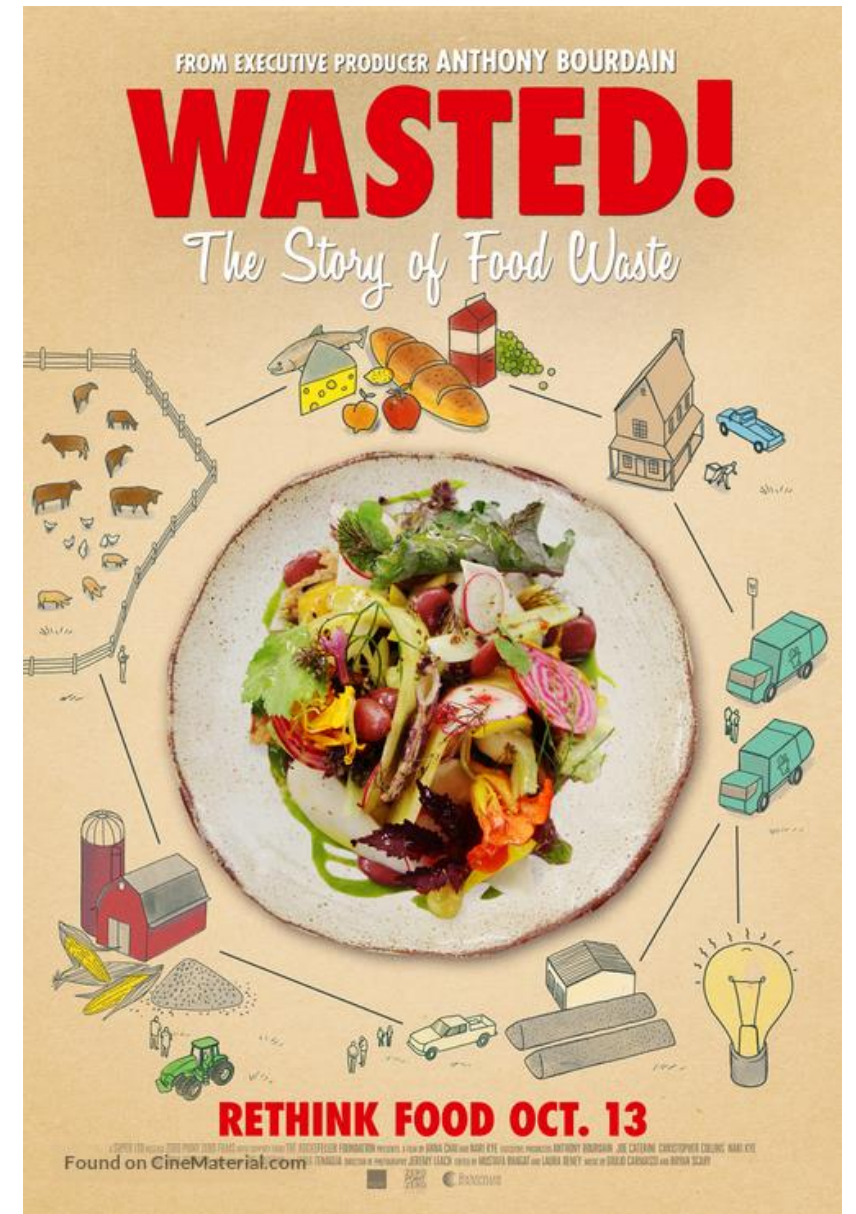
- Access to information
- Placemakers of social good
  - Education
- Community connectivity
  - Entertainment

# Community Conversation

Pikes Peak Library District  
Colorado Springs, CO

Topic: Food Waste

Film Screening followed by  
community expert, and facilitated  
discussion



# Facilitated Discussion

- What factors make you throw away food?
- How can your household begin to reduce food waste?
- What would you do with an extra \$370 a year?
- Why do you think so much food is wasted in the United States?
- How would you feel if Colorado Springs implemented city-wide composting?
- Awareness of happening in COS?







Mission Statement:  
**Empower & Enrich Our Communities**

## OC Public Libraries Orange County, California



# The Charlie Cart Project

All-in-one mobile teaching kitchen





**Staff Trainings:  
Food Literacy for Libraries  
Getting Familiar with the Charlie Cart  
Leading Cooking Demonstrations**



**Public Demonstrations:  
Tortilla Espanola with Chimichurri  
Hummus and Herbed Flatbread**

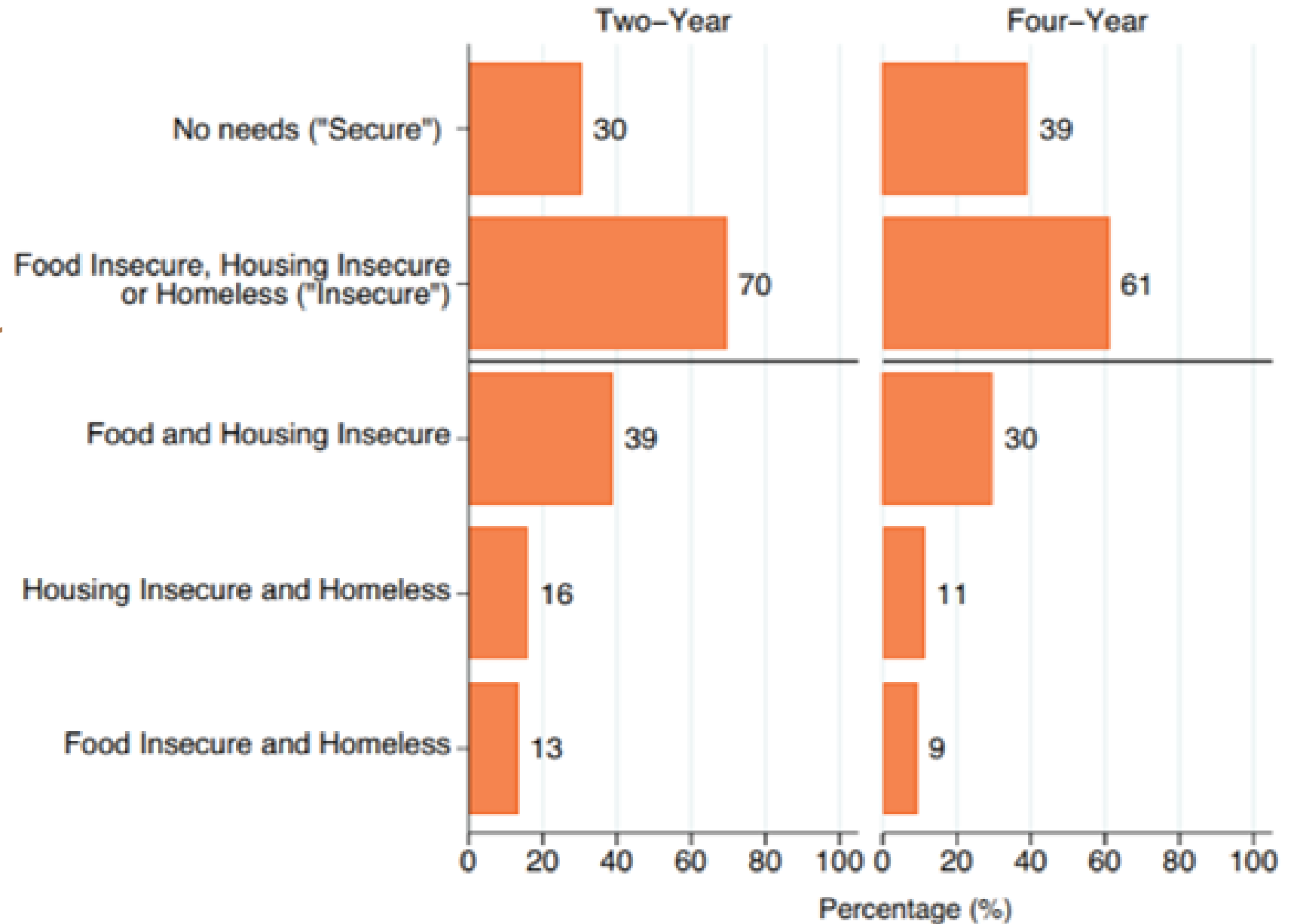
# Resources

- The Charlie Cart Project. <https://charliecart.org/>
- Dodge, Hillary. Gather 'Round the Table: Food Literacy Programs, Resources, and Ideas for Libraries (ALA Editions, 2020).
- Vidgen, Helen. Food Literacy: Key Concepts for Health and Education (Earthscan Routledge, 2016).
  
- Contact me: [hillaryndodge@outlook.com](mailto:hillaryndodge@outlook.com)

Program: “Because it’s Hard to Learn  
When You’re Hungry: Raising  
awareness of student hunger through  
food literacy”

Michelle Jerney-Davis  
Courtney Boland

# The Conversation Food Insecurity



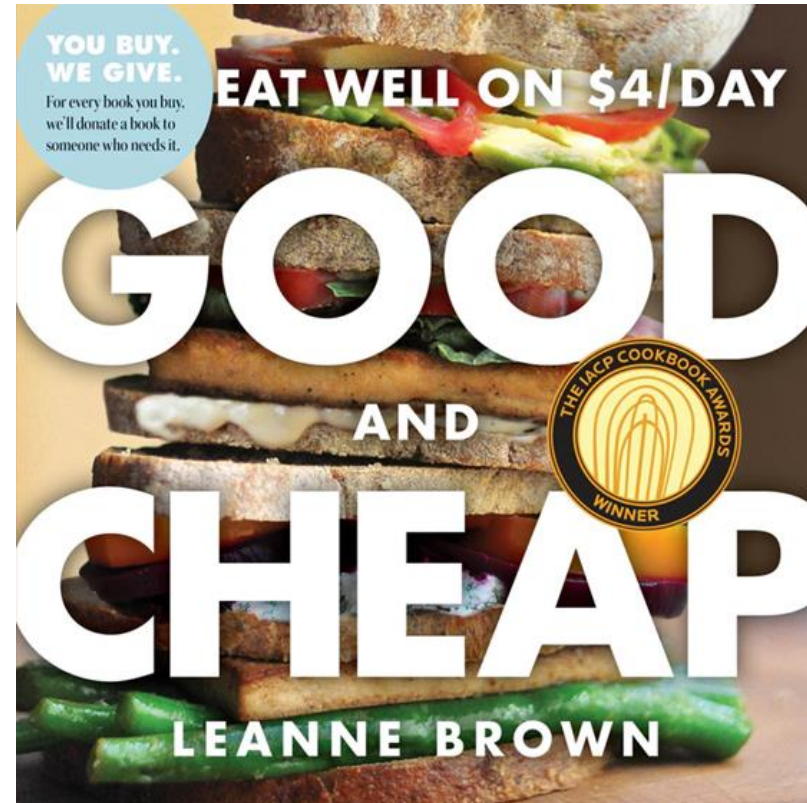
From: [Hope Center for College, Community and Justice](#) 4/2019

# The Conversation Starter: Making the invisible visible



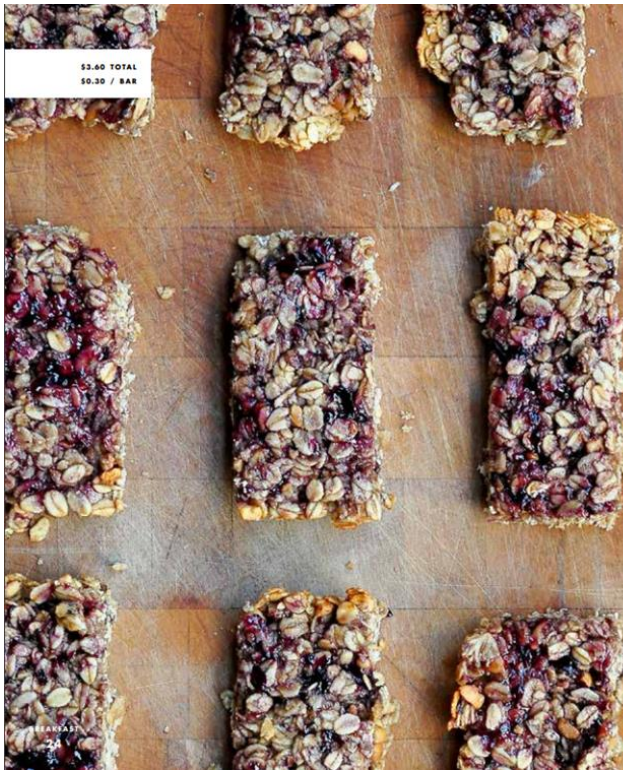
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Visit: <https://www.leannebrown.com/cookbooks>





# Having the Conversation: Tasting and Talking



This thick lentil soup is a flavor-packed staple of the Indian table. There are a ton of ways to prepare dal, but the core—beyond the lentils themselves—is usually ginger, garlic, and chili, along with some dry spices.

2 cups lentils  
1 tbsp butter  
1 onion, finely chopped  
1 tsp cumin seeds  
1 tsp black mustard seeds  
1 tsp turmeric powder  
2 cloves garlic, finely chopped  
1 green chili, finely chopped  
½ inch ginger root, grated  
salt and pepper

You can use any type of lentil you like. If you're using larger lentils (like chana dal, french lentils, or split mung beans), soak them for 30 minutes to start. If you're using the small orange lentils, then don't bother soaking them; they cook very quickly.

Melt butter in a saucepan on medium heat. Add the onion and let it cook for 1 minute, then add the cumin and mustard seeds and stir them around with the onions until they sizzle. Toss in the turmeric powder, garlic, and chili and cook for 3 to 4 more minutes. Add the ginger root and stir fry quickly for about 30 seconds.

Add the lentils along with enough water to cover them, then place a lid on top. Let everything cook for 20 to 45 minutes, or until the lentils are tender. Taste the dal and add salt and pepper. You'll probably need a fair bit of salt to bring out all the flavors—a teaspoon or so.

If you have them available, top the dish with a splash of cream or some chopped fresh cilantro.





# Continuing the Conversation



[Dr. Sara Goldrick-Rab](#)



# Contact Us

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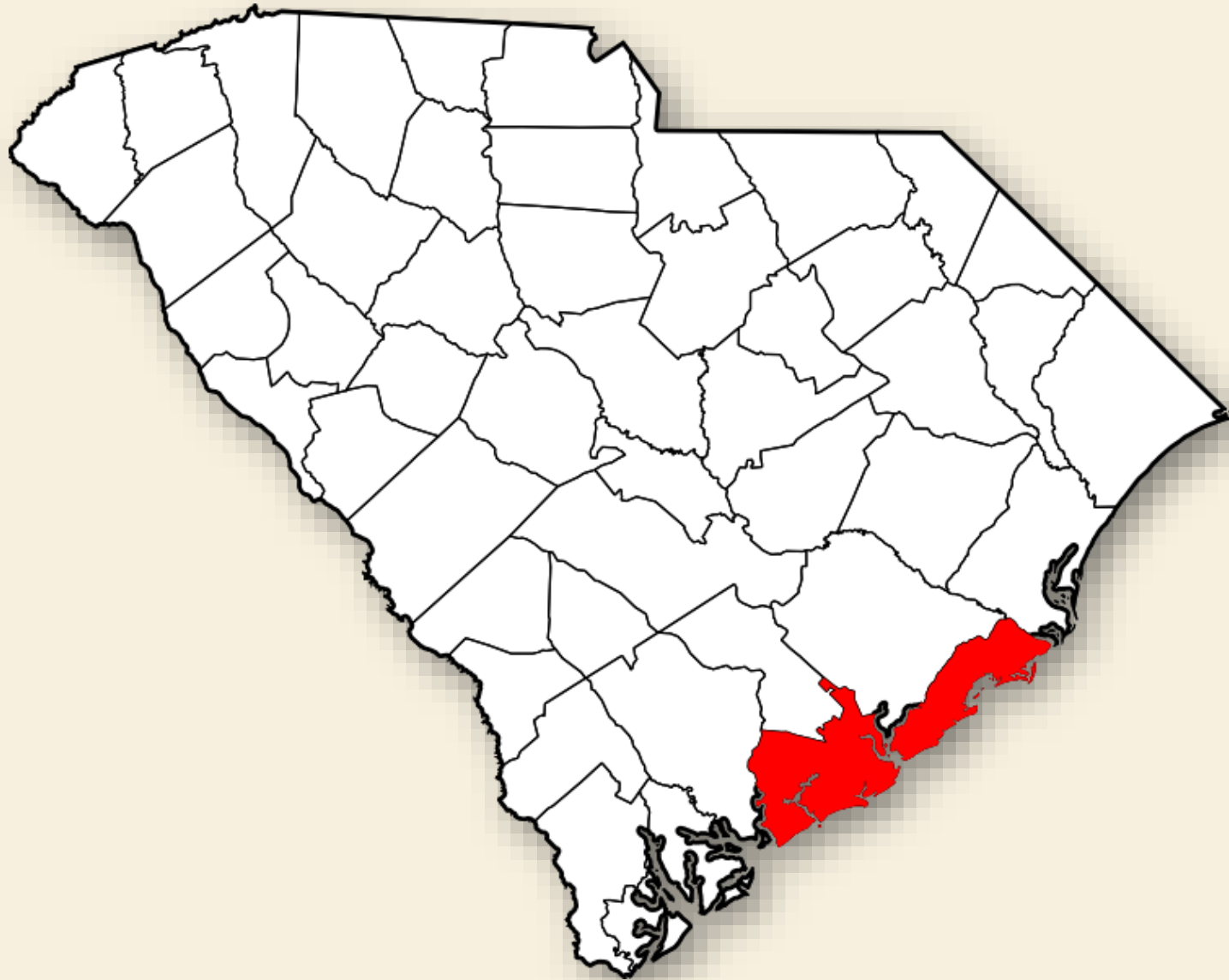
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## CHARLESTON COUNTY, SC

Total Population

411,406

Population Under 18

19.4%

Population Living Below Poverty Line

14.2%

Charleston County Public Library

Cardholders

203,106

Charleston County Public Library

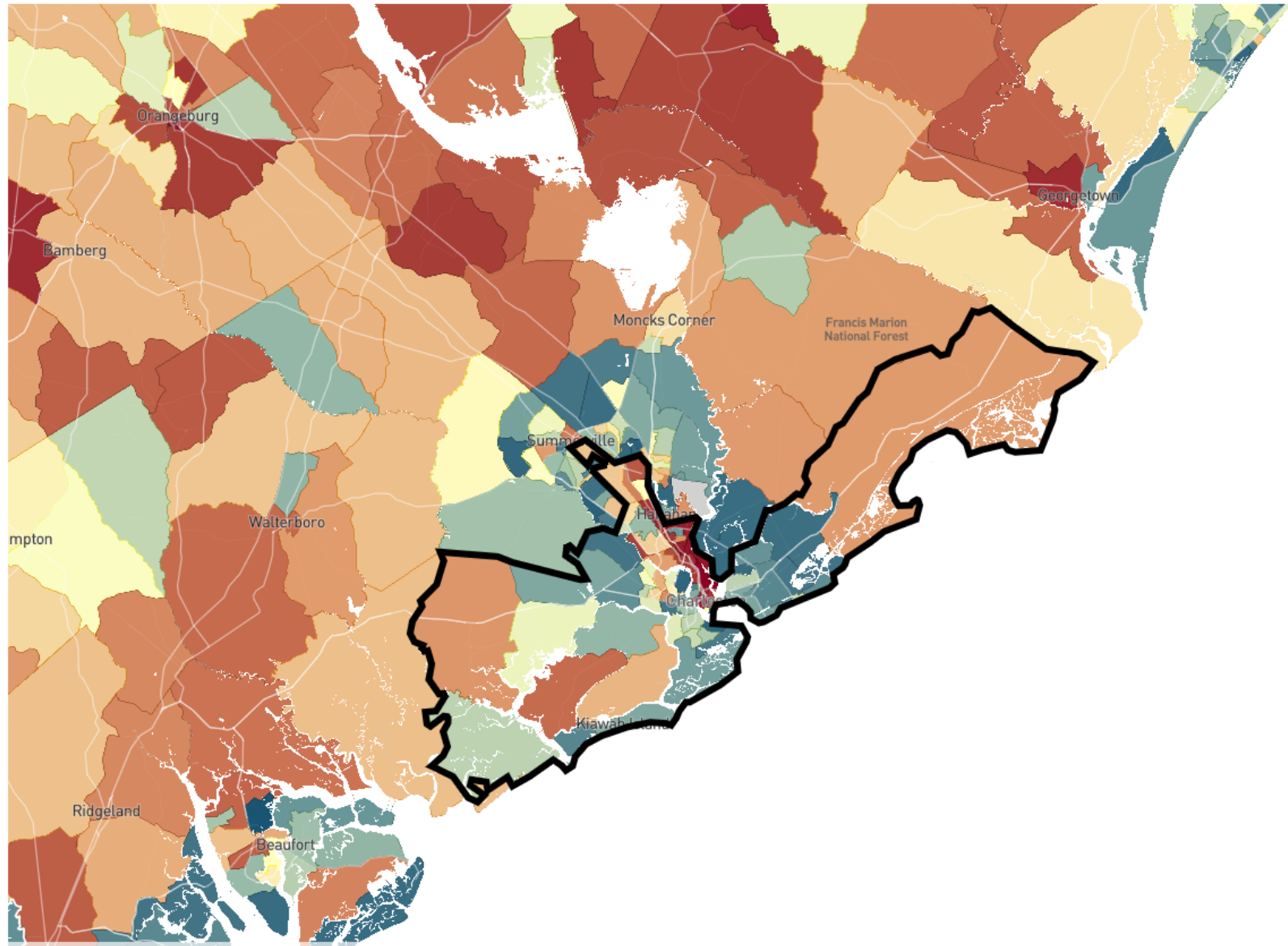
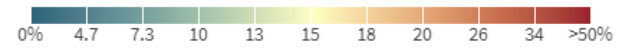
Programs (2019)

6,428

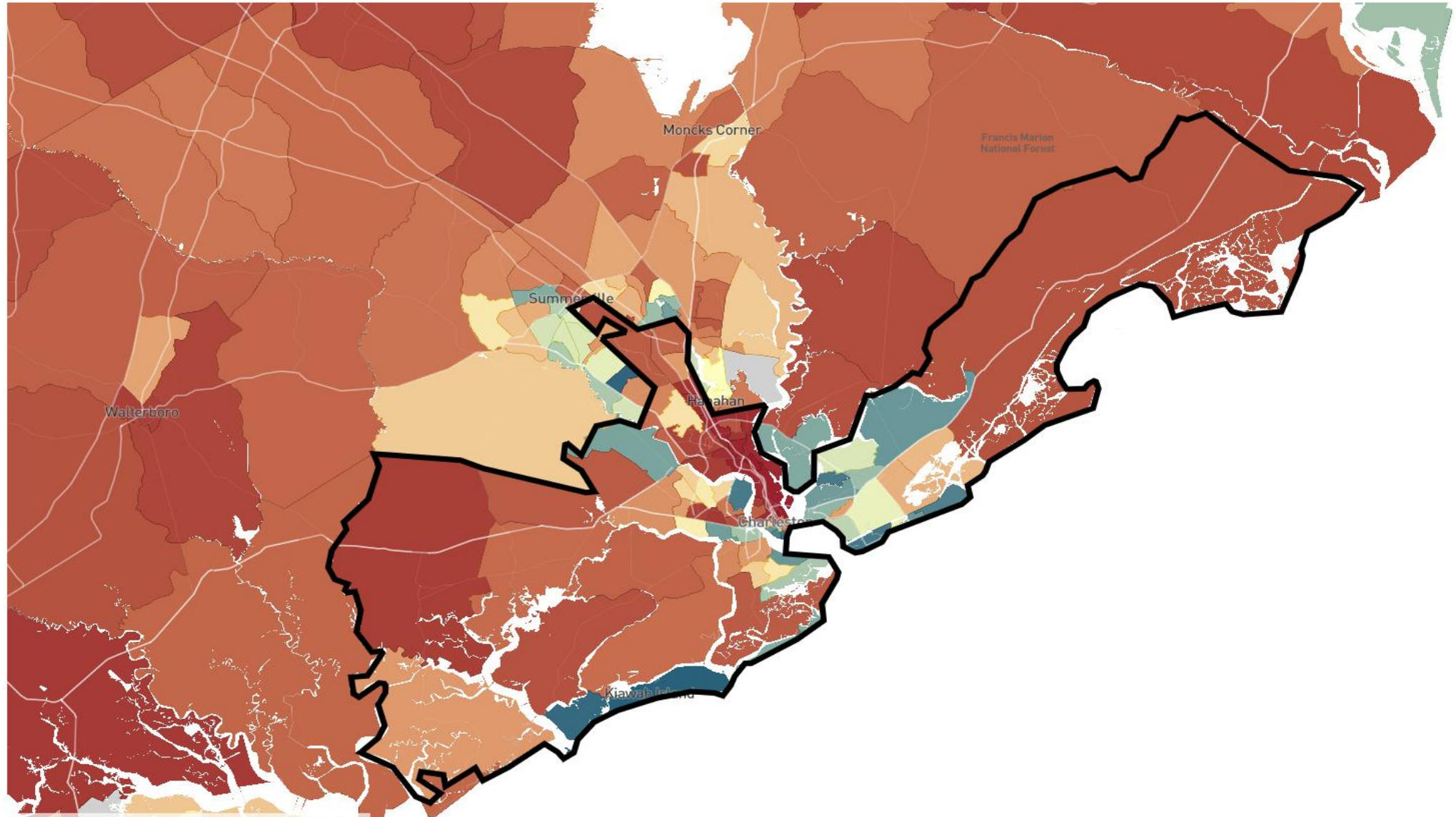
Charleston County Public Library Locations

18

# Poverty Rate in 2012-16



# Household Income for Children

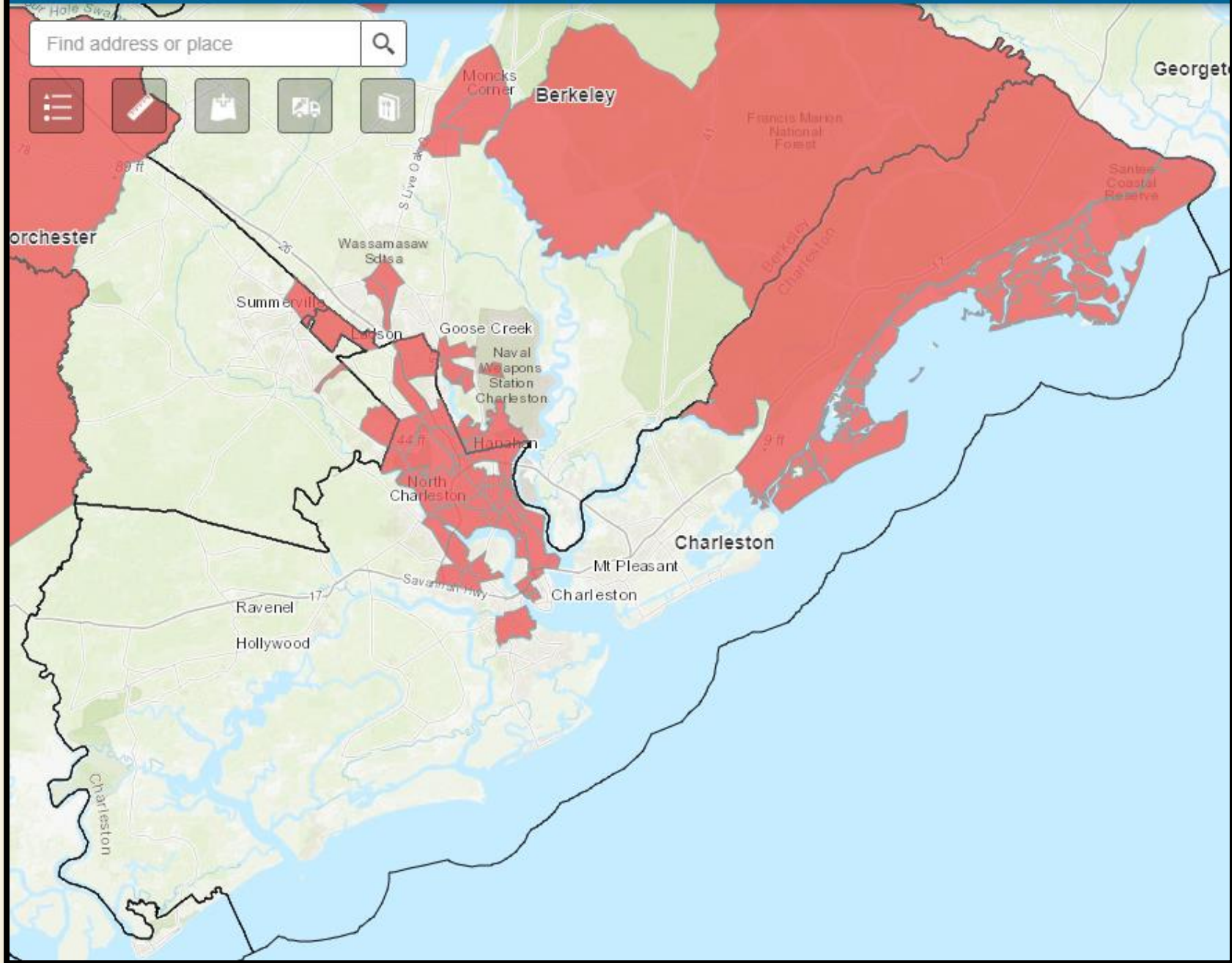




# SC Food Desert Map

with

SC DHEC





# FOOD ACCESS @CCPL

SNACK AND MEAL PROGRAMS AT  
CHARLESTON COUNTY PUBLIC  
LIBRARY LOCATIONS

# COMMUNITY PARTNERSHIPS GET IT DONE

- During summer break, Charleston County School District delivers meals to 7 CCPL locations in areas of the county with high poverty rates.
- On MWF, hot lunches are delivered, along with shelf-stable breakfasts and lunches for non-delivery days.
- Anyone 18 and under can receive two meals for every day of the week.
- Lowcountry Food Bank complements this program with shelf-stable snacks for our outlying rural branches not reachable by the school district.
- Snacks are picked up by CCPL Outreach staff from the food bank on Mondays, and delivered to the appropriate branches.
- An afterschool snack program on the same model is also being piloted at 3 CCPL locations.





## COMMUNITY TABLE

CCPL staff set up tables, tablecloths, and signage each day.

CCSD staff deliver and serve meals and snacks in a consistent window at each branch.

Nearly 7,000 summer meals served in 2019.

Meal pickup is combined with Summer Reading outreach efforts.





# FOOD & COOKING LITERACY

EMPOWERING PATRONS TO MAKE  
EDUCATED CHOICES ABOUT  
NUTRITION AND COOKING

# COOKING MATTERS WITH LOWCOUNTRY FOOD BANK

- Lowcountry Food Bank teaches a 6-week course using the Cooking Matters curriculum, covering topics such as:
  - Grocery shopping and reading labels, food budgeting, cooking & kitchen skills, and basic nutrition & healthy recipes
- Beginning in 2019, CCPL partnered with Lowcountry Food Bank to bring their course to our branches:
  - Patrons learned gained skills that enabled them to make informed choices
  - Thanks to donations from LFB, patrons left each program with a bag of groceries and recipes to create healthy and delicious meals

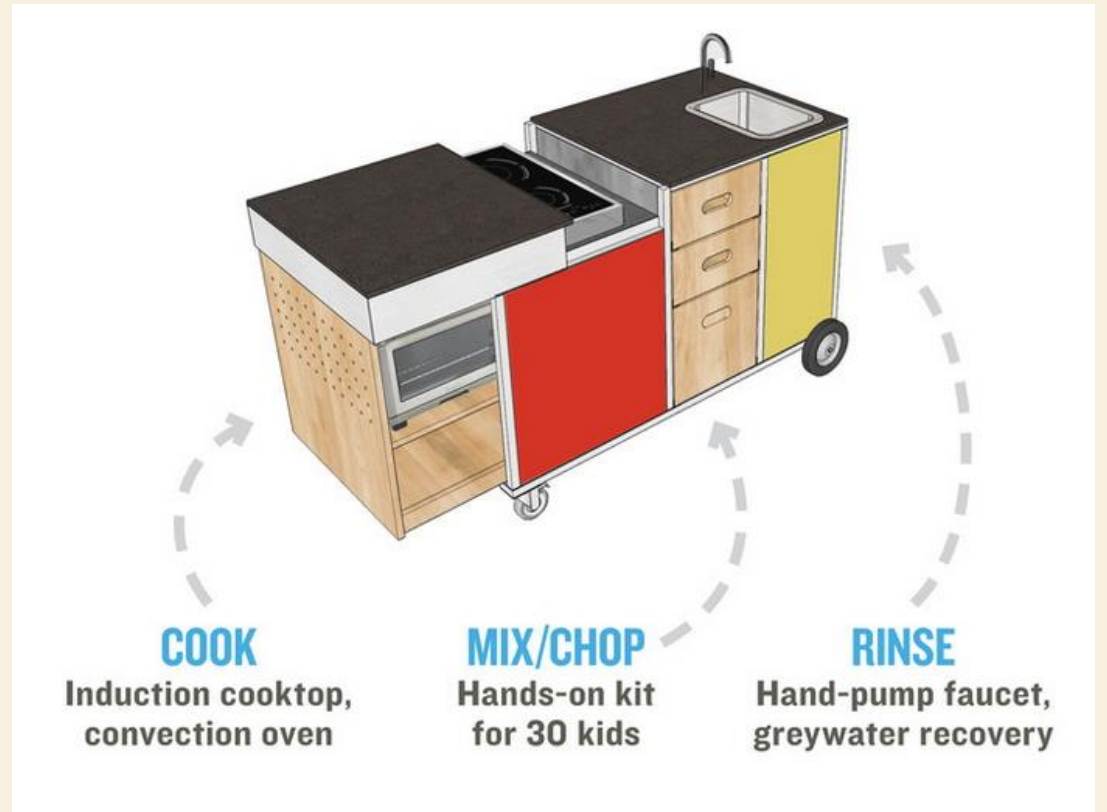




## THE CHARLIE CART PROJECT

The Charlie Cart Project combines a fully functional kitchen on wheels with a K-5 curriculum to provide a comprehensive food education program.

In Summer 2019, CCPL embarked on a new project with Lowcountry Food Bank, using their Charlie Cart to provide skills-based food programming to library patrons. After piloting at 3 branches in the first summer, we continued throughout 2019 and early 2020.





# CHARLIE CART @ CCPL



- Lowcountry Food Bank transports the Charlie Cart to a new CCPL branch every 3 weeks.
- LFB provides a quarterly training session for library staff to familiarize themselves with the cart, its contents, and the curriculum.
- CCPL provides food handler safety training for all staff who will participate in cooking/food literacy programming.
- Library staff adapt Charlie Cart curriculum lessons or teach their own recipe choices during programs.

# BUILDING A FOUNDATION

- Programs teach kitchen skills many Americans lack: basic knife handling and other kitchen safety, cutting, measuring, and cooking methods such as stir-frying, sautéing, braising, and roasting.
- Patrons learn about new foods and flavors, and how to incorporate seasonal, locally available ingredients into everyday cooking.





# NOW WHAT?

CHALLENGES AND OPPORTUNITIES IN  
THE FACE OF A PANDEMIC





## FOOD ACCESS

30 million American children rely on the National School Lunch Program to get enough to eat -- with schools closed, other access points are more important than ever.

Our afterschool snack pilot program was able to go forward in March and April.

Summer Feeding has continued at all planned locations, including snack delivery to our rural branches.



# FOOD & COOKING VIRTUAL PROGRAMS

**Sunday**

10 a.m. Sunday Storytime

1 p.m. Cooking Matters w/  
Lowcountry Food Bank

3 p.m. Kindness 101 w/Steve Hartman

5 p.m. MET Opera Schedule Update

 CHARLESTON  
COUNTY PUBLIC  
LIBRARY  
FIND US ON    






**Wednesday**

10 a.m. Storytime with Miss Margaret

**New!** 11 a.m. Independence Day STEM Project:  
Make Your Own Fireworks

3 p.m. Fairy Tale Foods:  
3 Little Pigs in a Blanket

5 p.m. Workforce Wednesday

 CHARLESTON  
COUNTY PUBLIC  
LIBRARY  
FIND US ON    

# CHALLENGES & OPPORTUNITIES

## PROS

- Virtual programming widens our reach
- Budget strain is reduced when supplies need only be purchased for one sample dish rather than accommodate a large group
- Community partners from outside the immediate area are able to participate
- Patrons can view programs at their convenience

## CONS

- Cooking and eating together builds community connections
- No hands-on help for patrons learning new physical skills
- Difficult to measure patron engagement and satisfaction with pre-recorded video content; low online survey response rate vs. paper surveys at in-person programs
- Don't get to eat!

**QUESTIONS?**

# THANK YOU!

Our cooking & nutrition literacy programs and food access initiatives would not be possible without our community partners.

- Charleston County School District Nutrition Services: <https://www.ccsdschoolmeals.com/>
- Lowcountry Food Bank: <https://www.lowcountryfoodbank.org/>

Learn more about Cooking Matters: <http://cookingmatters.org/>

See more virtual programming from CCPL: <https://www.facebook.com/ChasCoLibrary/>

Other Resources:

[OpportunityAtlas.org](https://www.opportunityatlas.org)

<https://www.cnn.com/2020/03/14/widespread-school-closures-mean-30-million-kids-might-go-without-meals.html>

<https://www.nokidhungry.org/who-we-are/hunger-facts>