



# *Food For Thought – Building a Better Community Through Food*

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*Jeff Kempe – Adult Services Coordinator,  
King County Library System*



# What is Food Literacy?

## **Food Literacy [fu: d lit-er-uh-see]**

*noun:* Understanding the impact of your food choices on your health, the environment, and our community. – <http://foodliteracycenter.org>

“Knowing What and How We Eat.”

– <http://www.readerstoeaters.com>



# Why Food Literacy?

- Literacy is the basic knowledge of reading and writing. Literacy is the foundation of communication.
- By gaining basic knowledge about our food ways, we can have a better appreciation of what we eat, make better food choices, and make a positive impact on our body, our mind, our community, and the world.



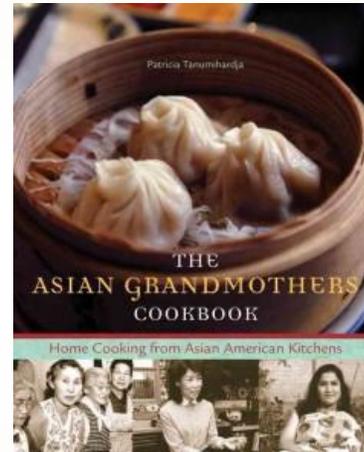
# Connecting Good Reads & Good Eats. Libraries as Community Food Hubs.



Goal: “To build a better community through food.”



# Why food programs?

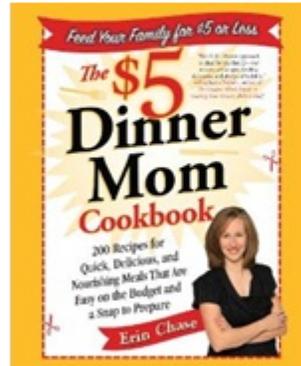


# Cookbooks Circulate

## Cookbooks Surge to Top Category at Libraries

**New survey finds 67% of respondents list cookbooks among the top nonfiction circulators**

By Lynn Andriani | Feb 22, 2011



The '\$5 Dinner Mom' is a very popular book at one Michigan library

seven categories of nonfiction circulation.

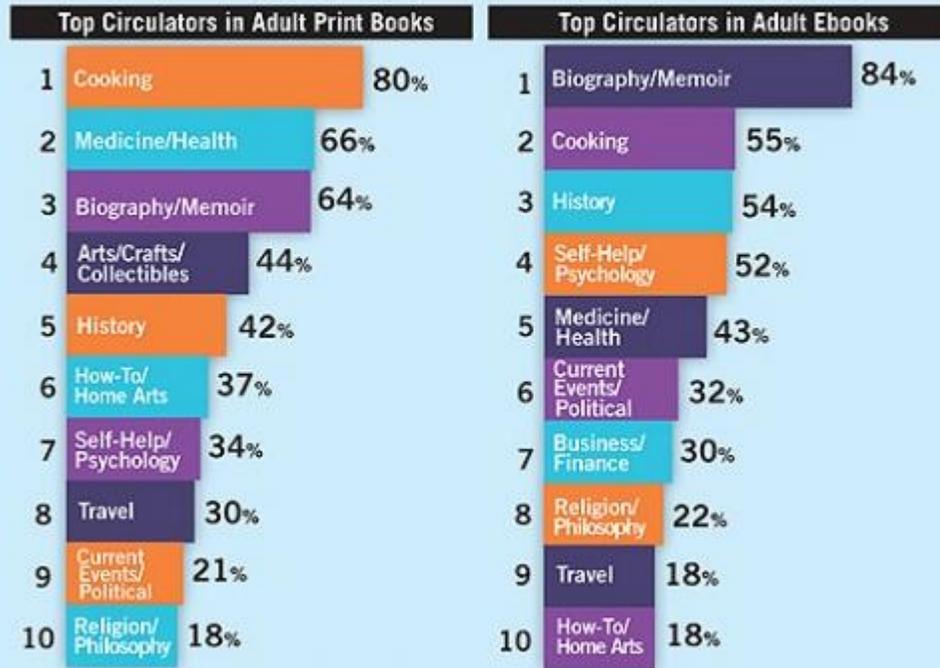
Cookbooks edged out medicine and health, how-to and home arts, current events and politics, and even biography and memoir. They've surged in popularity from 2001, when just 27% of librarians put cookbooks among their top five. In fact, cookbooks' popularity has increased

Though cookbook publishers are usually quick to seek out special sales channels from Williams-Sonoma to the Culinary Institute of America, one venue may not be at the forefront of their minds: libraries. And while health and medicine titles used to be the most popular nonfiction titles checked out of America's libraries, cookbooks have lately overtaken them to hold the number-one spot. In a [survey](#) released by *Library Journal* February 15, 67% of respondents listed cookbooks (more than any other category) among the top

...in print, and as Ebooks.

### Top Nonfiction Circulators

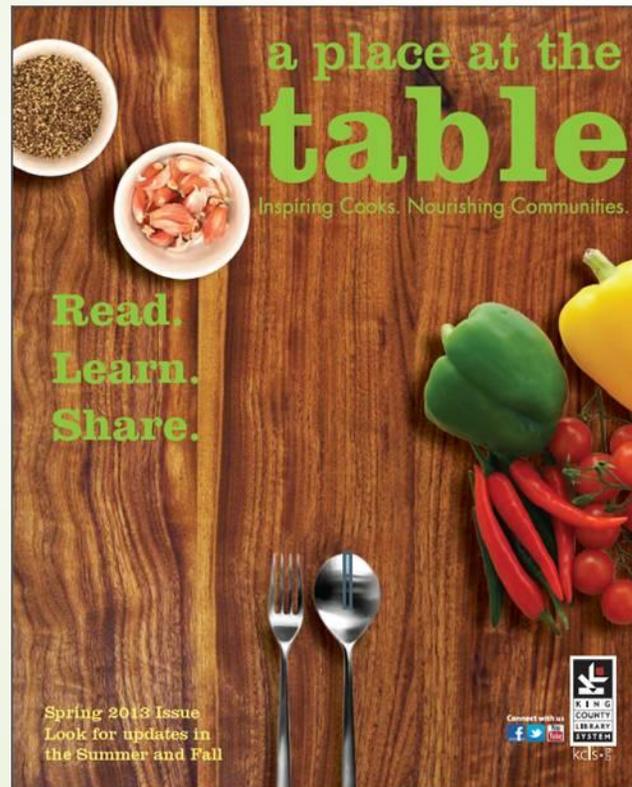
Percentage of respondents listing each subject among top five circulators



Numbers will add up to more than 100 percent because respondents could check more than one subject

SOURCE: *LJ* MATERIALS SURVEY 2015

# A Place at the Table: Inspiring Cooks, Nourishing Communities



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Reasonable accommodation for individuals with disabilities is available please contact the library prior to the event if you require accommodation.



# Planning

Adult Program Council

Adult Programming Survey

Community Libraries

Publishers - Readers to Eaters, Skipstone Press

Attended Tom Douglas Cookbook Social in November



# Partners

A Place at the Table is brought to you in partnership with

King County  
Library System  
Foundation



Partners may provide:

Additional Promotion

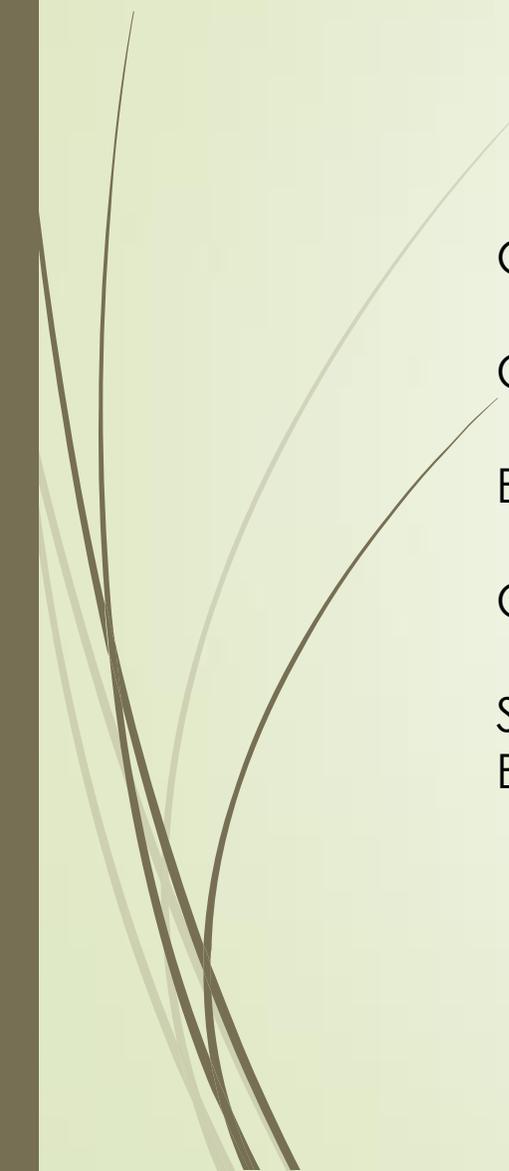
Programming

Funding

New Venues



# Types of programming



Gardening

Cooking

Backyard Chickens

Canning and Preserving

Starting a Home-Based Food  
Business

Nutrition and Diet

Chocolate (with samples!)

Cupcakes

Foraging and Mushroom Hunting

Couponsing

# A Place at the Table: Inspiring Cooks, Nourishing Communities

Home > Events Tools | A A | ✉

SHARE 

[Search for Programs at all KCLS Libraries](#) | [Search for Programs by individual Library](#)

[Cancel Event Registration](#) ✕ | [My Event Notifications](#) ?

[A Place at the Table](#) | [Rembrandt and the Art of the 17th Century](#) | [Master Builders Association](#) | [Job Search Tools](#) | [More to Explore 50+](#) | [Writing Workshops](#) | [Anime Programs for Teens](#) | [Meet the Author](#) | [US-Japan Relations in a Changing World](#)

**Inspiring Cooks, Nourishing Communities**

[KCLS invites everyone to find A Place at the Table!](#) We'll toss around fresh ideas about food, cooking, nutrition and growing and using locally produced food. In addition to offering new food ideas, preparation and planning skills, and handy online classes, videos and resources, the series will help everyone create a nourishing table by accepting non-perishable food donations, to be distributed to local King County food banks.



# Online Promotion

## PROGRAMS

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### Meet the Author

Michael Moss  
Patricia Tanumihardja  
John Sundstrom  
Jennie Grant

### Featured Programs

Eating Green  
A Feast on Film  
Building Your Urban Pantry  
Dining at Downton Abbey  
Feasting on Books  
Food, Glorious Food  
Bushwick Book Club  
Feast Your Eyes!

Program PDF 

## RESOURCES

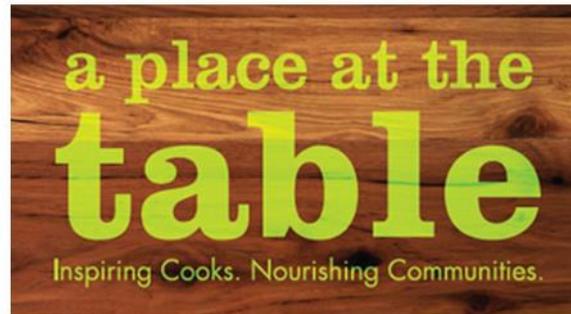
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**Universal Class of the Week:**  
**Lifetime Wellness 101.**  
*Learn a new perspective on weight and diet.*



**Access Video of the Week:**  
**Heribert Watzke - The Brain in**



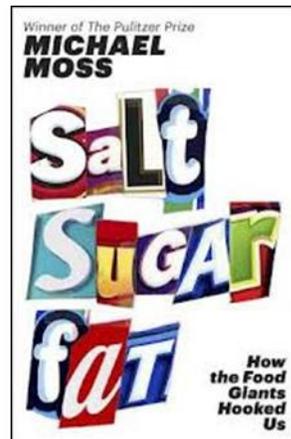
## FEATURED AUTHORS

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### Meet the Author - Michael Moss

Thursday, March 14th at 7pm  
Redmond Library

From a Pulitzer Prize - winning investigative reporter at The New York Times comes Salt, Sugar, Fat, the explosive story of the rise of the processed food industry and its link to the emerging obesity epidemic. Michael Moss reveals how companies use salt, sugar and fat to addict us and, more important, how we can fight back. You will never look at a nutrition label the same way again.



## SHARE

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Food  
Recipes  
Facebook  
Twitter

## FOOD BLOGS

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Amy Pennington  
An Open Cookbook  
Art of Gluten-Free Baking  
Baguette Taste Wonderbread  
Budget  
CakeSpy  
Cookus Interruptus  
Fat of the Land  
First Look, then Cook  
Food Samba  
Frantic Foodie  
Fresh-Picked Seattle  
Gluten-Free Girl and the Chef  
Herbivorous  
Kathleen Flinn

# Online Promotion

**INQUISITV** **KCTS9** TV SCHEDULE | WATCH ONLINE | EVENTS

PROGRAMS EDUCATION ABOUT SUPPORT KCTS 9 PHOTO GALLERIES

## Canning 101 with Amy Pennington - KCLS "A Place at the Table"

Saturday, 19 October 2013 - 2:00pm [« « Previous Event](#) [All Events](#) [Next Event » »](#)

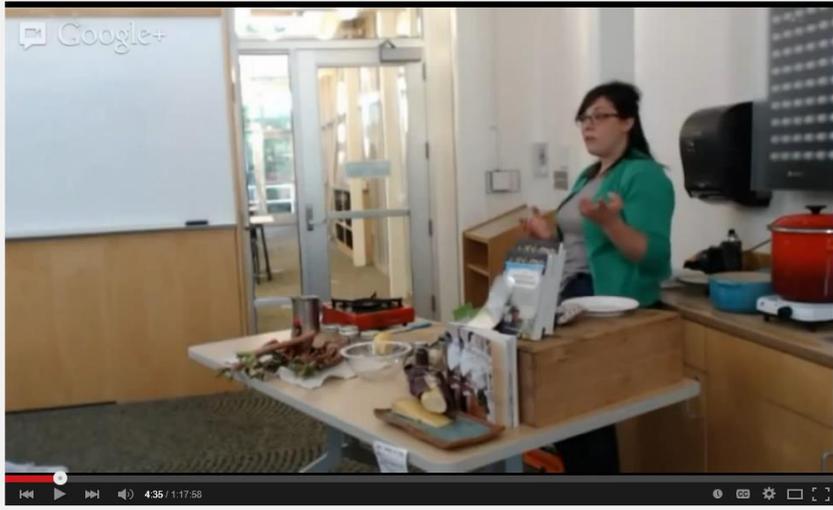
**Format:** Workshop  
**Admission:** Free  
**Region:** KCTS/Seattle  
**Location:** King County Library, Lake Forest Park [Click here for Map](#)



**Canning 101: Fall Harvest**  
Plan now, save money and eat like royalty all winter long by using the skills learned in this short and informative class where we will preserve savory and sweet treats for your cupboard. Find more information on the [KCLS website](#).

**About the Instructor**  
Amy Pennington, author of *Urban Pantry -- Tips and Recipes for a Thrifty, Sustainable and Seasonal Kitchen* and host of KCTS 9's *Check, Please! Northwest*, is a cook and urban farmer based in Seattle. She has worked with some of the best restaurants in the city, which is here where her love of food and an education in biology intersected.

YouTube



**KCLS Hangouts**  
by KCLS • 7/12 videos

- Amy Pennington - KCLS
- Jennie Grant - KCLS
- Philip Lee - A Place at the Table - KCLS
- Edible Book Festival - KCLS
- Michael Moss - KCLS

### Amy Pennington - A Place at the Table

KCLS

Subscribe 1,277

102 views



# Bushwick Book Club Seattle – Music Inspired by Michael Pollan



Listen

Programs

About Us

Support

## The Bushwick Book Club Seattle

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August 13, 2013 - 10:46 pm

[The Bushwick Book Club Seattle](#) is a group of musicians who write original music inspired by the books they read. This summer the [King County Library System](#) teamed up with the Bushwick Book Club for the KCLS, "A Place at the Table" program series. The club read [Michael Pollan's books](#), [The Omnivore's Dilemma: A Natural History of Four Meals](#) and [The Botany of Desire: A Plant's Eye View of the World](#) for a show at the Bellevue Library.

Here are highlights from the performances recorded and produced by Amber Cortes.

Artists:

8/12- Tai Shan, [WS 20130812 Bushwick Shan 1](#)

8/13- Vince Martinez, [WS 20130813 Bushwick Martinez 2](#)



More than 4,400 patrons attended programs, 18% as first-time attendees, and participants consistently rated programs 4.5 on a scale of 5. The series also provided an opportunity for KCLS to create new partnerships with local organizations, including PCC Natural Markets, Washington State Association of Nutritionists and Dieticians and KCTS9.

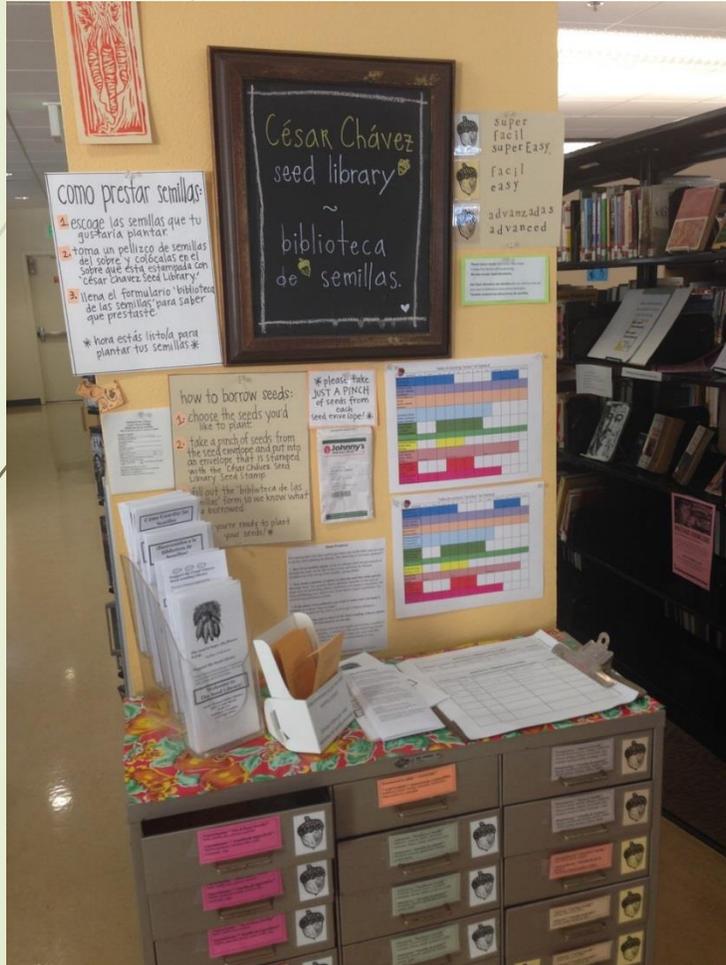
[YouTube Video](#)

# Food Donations



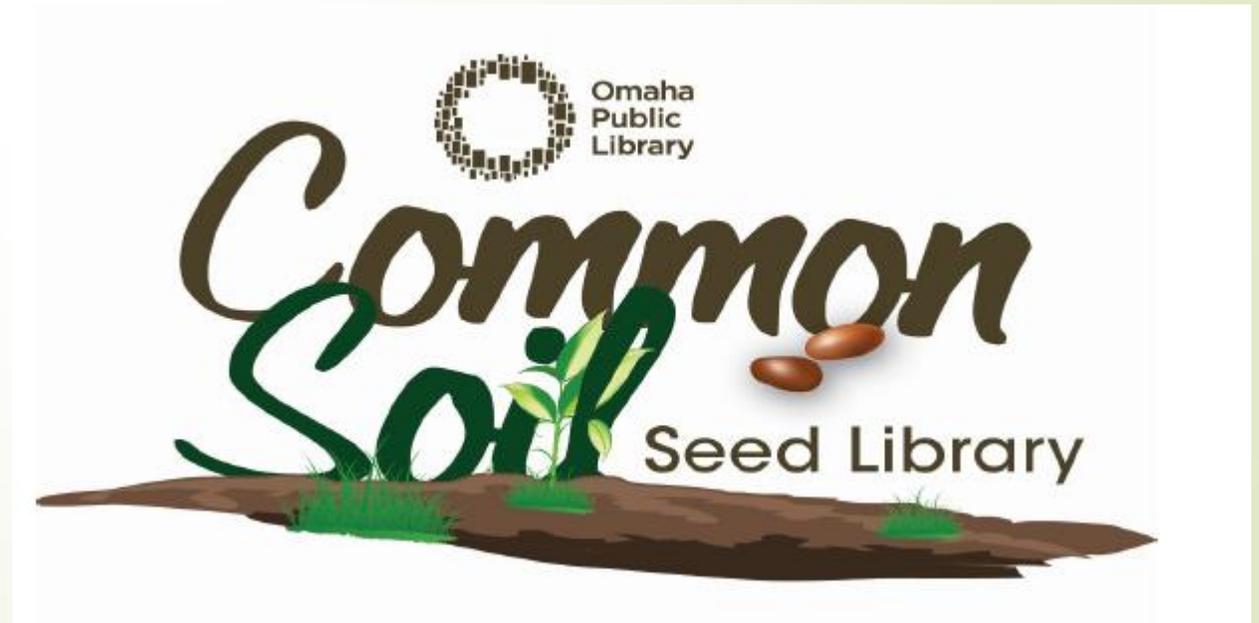
A total of 30,808 pounds of food, equaling more 20,538 meals, was collected and donated to KCLS' partners Hopelink and Food Lifeline, which distributed the food to more than 45 community food banks.

# Trends - Seed Libraries



<http://americanlibrariesmagazine.org/2015/01/05/not-your-garden-variety-library/>

<http://digitalcommons.unl.edu/neplib/8/>



# Trends – Community Gardens



The **Woodmont Library Garden** had another successful year. Programs for children included how to build a composting bin, complete with worms, and an informative presentation about bees and honey, as well as several planting and harvesting parties. New this year were several programs for adults, including Kim Richmond, from the Des Moines Sonju Community Garden, and Tom Watson, EcoConsumer for the Seattle Times. This

picture was taken during a visit to the garden for bean picking at the end of an Infant / Toddler Story Time. Special thanks to the Friends of the Woodmont Library, who sponsored the garden programs again this year.



<http://www.nopl.org/library-farm/>

# Trends – Kitchens/Maker Spaces

## ...and the Kitchen Sink | Library by Design

By Sheila Kim on June 4, 2014 [1 Comment](#)

Innovative library designs around the country are adding kitchens, the next (and original) Maker spaces



SATURDAY, APRIL 11  
Yogurt Making

Join Diane Smith to see firsthand how easy it is to make healthy yogurt at home. This class will explore different techniques in the homemade yogurt making process including equipment needs, milk and culture options and the importance of time and temperature. A demonstration of yogurt cheese preparation and recipes will be shared. Instructor Diane Smith is a Regional Nutrition and Food Access Specialist at WSU Extension for Skagit and Whatcom counties. Free to the public; donations gratefully accepted.

10:00 a.m.–11:30 a.m.  
Potluck Kitchen Studio (910 11th St., Anacortes)

<http://lj.libraryjournal.com/2014/06/buildings/lbd/and-the-kitchen-sink-library-by-design/>



# National Authors

**Michael Moss** – *Salt, Sugar, Fat: How the Food Giants Hooked Us*, 2013

**Mollie Katzen** – *The Heart of the Plate: Vegetarian Recipes for a New Generation*, 2013

**Ree Drummond** – *Pioneer Woman Cooks: A Year of Holidays*, 2013

**Ann Larkin Hansen** – *Finding Good Farmland*, 2013

**Sherri Brooks Vinton** – *Put 'em Up! A Comprehensive Home Preserving Guide...*, 2010

**Deborah Niemann** – *Ecothrifty: Cheaper, Greener Choices for a Happier, Healthier Life*, 2012

**Shauna James Ahern** – *Gluten-Free Girl Every Day*, 2013

# Northwest Authors

**Kathleen Flinn** – *The Kitchen Counter Cooking School*, 2011

**Alice Currah** – *Savory Sweet Life: 100 Simply Delicious Recipes for Every Family Occasion*, 2012

**Patricia Tanumihardja**, *The Asian Grandmothers Cookbook*, 2009.

**Cynthia Lair** – *Feeding the Young Athlete*, 2012

**Mona Meighan** – *What Are You Doing For Lunch?*, 2012

**Amy Pennington** – *Urban Pantry: Tips & Recipes for a Thrifty, Sustainable & Seasonal Kitchen*, 2010

**Jeanne Sauvage** – *Gluten-Free Baking for the Holidays*, 2012

**Bill Thorness** – *Cool Season Gardener*, 2013

**David Volk** – *The Cheap Bastard's Guide to Seattle*, 2014

**Gianaclis Caldwell** – *Mastering Artisan Cheesemaking*, 2012

**Jennifer Hahn** – *Pacific Feast: A Cook's Guide to West Coast Foraging and Cuisine*, 2010

**John Sundstrom** – *Lark: Cooking Against the Grain*, 2012

**Leslie Miller** – *Uncle Dave's Cow and Other Whole Animals My Freezer Has Known*, 2012

**Rick Browne** – *The Ultimate Guide to Grilling*, 2011

**Collin McCrate** and **Brad Halm** – *Food Grown Right, in Your Backyard*, 2012

**Langdon Cook** – *Fat of the Land: Adventures of a 21<sup>st</sup> Century Forager*, 2009

**Community Alliance for Global Justice** – *Our Food, Our Right: Recipes for Food Justice*, 2012



# Books About Food

## Food and Culture

<http://www.kcls.org/reading/favorites/hottopics.cfm>

## Hunger

<http://www.kcls.org/reading/favorites/nonfiction.cfm>

Readers to Eaters

<http://www.readerstoeters.com/>





# Partnerships/ Building a better community through Food

Schools

Parks

Farmers Markets

Faith-Based Organizations

Youth organizations

Food Banks

Hospitals

Corporations

Arts/ Sports organizations

Restaurants/ Farms



# Popular Food-Related Topics

Food Waste

Food Traditions

Food Culture

Sharing economy

Hunger

Food Labeling

Water





# Planning Food Events

March: National Nutrition Month

April: National Garden Month

May: National Sports Fitness Month

Sept: Food Literacy Month, Organic Harvest Month

Oct: National Farm-to-School Month, Food Day (Oct 24<sup>th</sup>)



# Food For Thought – Building a Better Community Through Food

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