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read  grow

# Food Literacy in Your Communities

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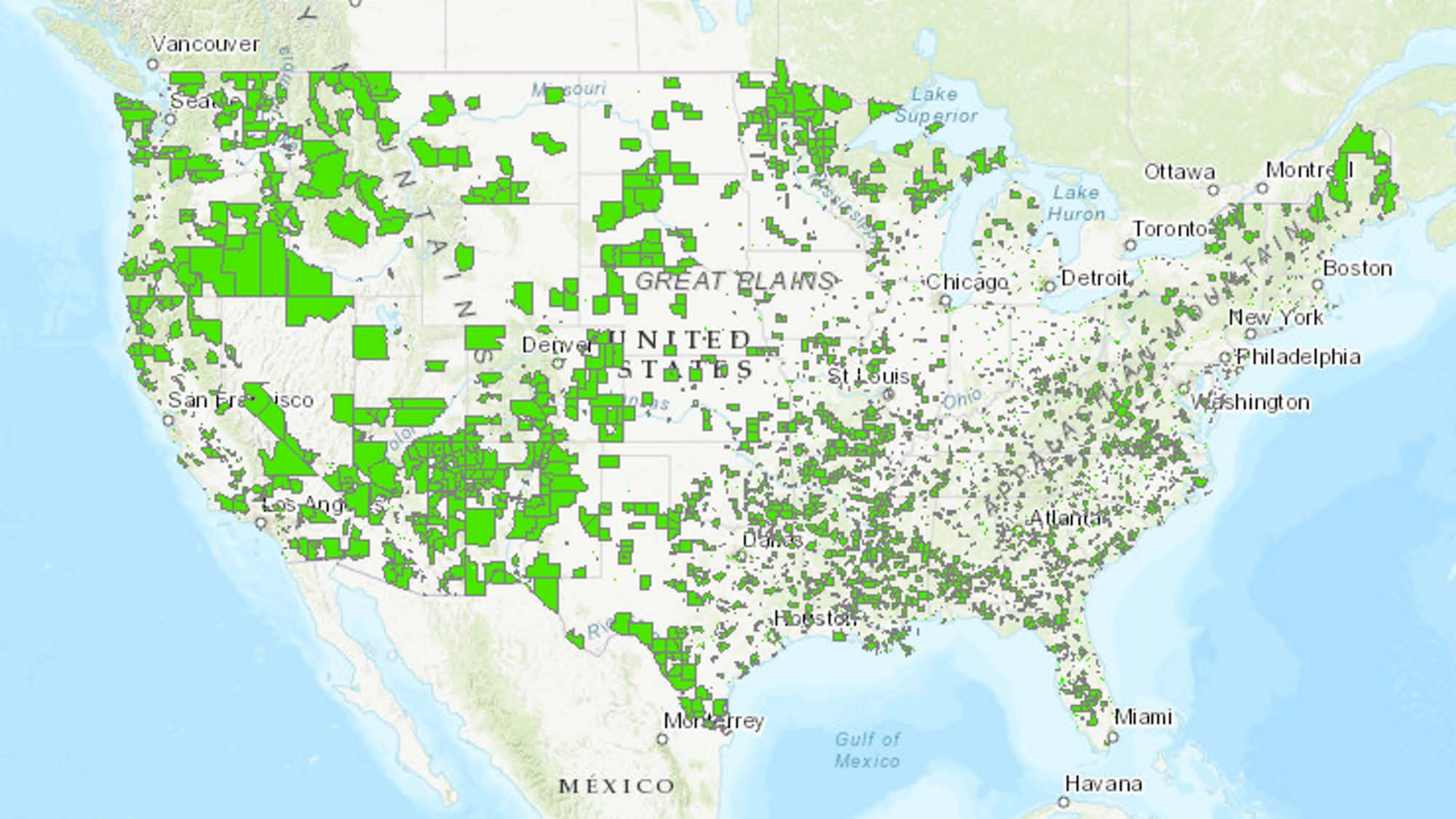


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administered by the *South Carolina State Library*.**



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





# 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>
- Lowcountry Food Bank: <https://www.lowcountryfoodbank.org/covid-19-response/>
- 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

**Flour Power Kids Cooking Studios: Columbia, SC**  
April 27 at 2:41 PM · 🌐

Did someone say slushies? These are fun and refreshing for the whole family! Peaches and 🥭 mangoes oh my! #quarantineandslush #slushies

## PEACH MANGO SLUSHIES

1 ripe mango, cut into chunks  
1 ripe peach, pitted and diced  
4 tablespoons honey  
1 cup Vanilla Almond Milk  
3 1/2 cups ice cubes

Place all ingredients into blender.  
Blend until well combined and icy.  
Pour into glasses and serve immediately.

**flour power**  
kids cooking studios  
CELEBRATING 10 YEARS OF FUN!

**Flour Power Kids Cooking Studios: Columbia, SC**  
@flourpowercolumbia

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Cooking School in Columbia, South Carolina

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Hampton Street (84.48 mi)  
Columbia, South Carolina  
Get Directions

(919) 889-2598

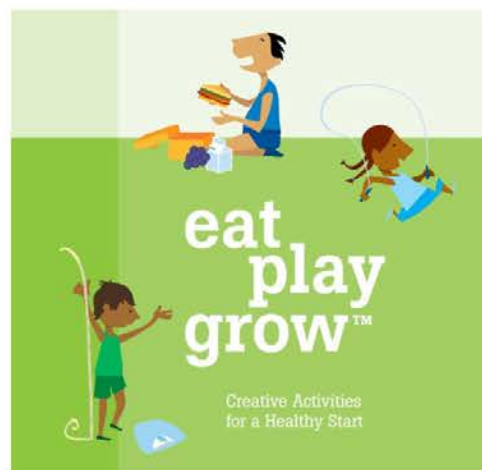
Contact Flour Power Kids Cooking Studios: Columbia, SC on Messenger

www.FlourPowerStudios.com/columbia

Cooking School

# 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™](#)

# America's Test Kitchen Kids Club



COOK

DO

DISCOVER

for grown-ups



- <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

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