

**Food Education
Workshop,
May 2023**

Rebecca Antill

About Rebecca

Provided food programming for all ages in public libraries across three states; serves as volunteer chef instructor for the Lowcountry Food Bank in Charleston for the past 8 years; helped create the statewide food literacy initiative Read Eat Grow for the SC State Library; has experience in the food and beverage industry; currently taking classes at the Culinary Institute of Charleston and working for the Lowcountry Street Grocery while growing an independent consulting business for food education!

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About food education

Food education, food literacy, culinary literacy

Health Literacy would take another day to talk about

Food access, food equity, food deserts

Important! The public library provides access to information, we are not necessarily responsible for feeding the community. Be aware of mission creep, this is why partnerships are so vital.

Simon Sinek's *Start with Why*

Turkey Tacos - Cooking Matters

Ingredients:

- 1 medium carrot, small sweet potato, or small zucchini
- ¼ medium head lettuce
- 2 large tomatoes
- 7 ounces cheddar cheese
- 1 (15 ½ ounce) can low sodium pinto beans
- 1 pound lean ground turkey
- 1 (15 ½ ounce) can chopped tomatoes, no salt added
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper

Materials:

- Box grater
- Can opener
- Colander
- Cutting board
- Large skillet
- Measuring spoons
- Sharp knife
- Vegetable peeler

Health and Safety

Department of Health and Human Services - Food Protection

- Oversees food safety statewide
- Provides training, mainly f/b

Extension Services

1. ServSafe Certification
 2. Program partner
 3. Free training
-

Health and Safety

What does this mean for my library?

- Three sink system
 - Sanitation tablets
 - Sink availability
 - Cross contamination
 - Gloves, etc
 - Ingredients
 - Common allergens
 - Preparation & Transparency
-





Kitchen Management

Dividing jobs

Taking Questions

Nutrition Swamps



- **Calories:** 51
- **Fat:** 0.3g
- **Sodium:** 0mg
- **Carbohydrates:** 12.4g
- **Fiber:** 1.9g
- **Sugars:** 10.9g
- **Protein:** 1.2g
- **Vitamin A:** 20.8mcg
- **Vitamin C:** 8.6mg
- **Vitamin E:** 0.9mg

**You
don't
have to
do it all**



Partnerships

Big Picture

- Food banks
- Community gardens
- Local restaurants
- Grocery stores or food co-ops
- School district
- Farmer's Markets
- Charlie Cart Project

Local

State Extension Agents
Cooking Matters local agency

Stats

Almost 1 out of 12 people are food insecure

62% of the population is overweight

Contact

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What I can do: training for library staff
regarding all types of food
programming, partnership facilitation,
etc.

