

Mini Grant Initiative for WLS Libraries

Environmental Sustainability Program for Youth Grant

Funded by ConEdison and Entergy

**“Superfoods for Super Foodies”**

A Program for Tweens at the Yonkers Public Library, Will Branch

Submitted by

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The Will Branch of the Yonkers Public Library seeks a WLS mini-grant in the amount of \$850 for a healthy eating program called, "Superfoods for Super Foodies".

**Project Details:** "Superfoods for Superfoodies" is a four-week course to educate twenty children ages 10-14 about diet, nutrition, and simple food preparation. The grant funds will pay for professional presentations and materials, especially food. There will be four 2-hour sessions, one a week, in which food professionals will inform and engage children about healthy eating. STEM concepts like math, problem solving, and critical thinking will be applied to real-world problems like following a recipe and choosing ingredients.

"Superfoodies" also ties in to our Summer Reading theme, "Every Hero has a Story."

**Specific Activities:** In the first session, registered dietician Samantha Mark from the local Shop-Rite grocery store will provide a complimentary program about nutrition and grocery shopping.

In the second session, Mike Geller from Mike's Organic Delivery will do a hands-on presentation about organic farming and sustainable food. He will focus on the spinach, kale, and herbs, which will be the primary ingredients in the next week's session. There is no charge for his program, as it is part of a community outreach initiative. The librarians will also lead children in planting some seeds for a miniature herb garden to take home. This will require purchases of seeds, cups, and potting soil.

In the third session, Susan Chasen from the Organic Teaching Kitchen will teach children to prepare healthy and appetizing snacks, and the children will prepare for themselves a special food suitable for sharing with the public (hummus and herb pesto). Susan Chasen will receive a payment to compensate her for travel expenses, food, and expertise. There will also be purchases of napkins, cups, and tablecloths.

In the fourth session and "culminating event," the students will "cater" a small "Superfood Storytime," where they will what they have learned and prepare refreshments for the program. This session will have a 90-min food preparation time, followed by a thirty-minute story time where younger children (ages 4-7) hear a story, eat the healthy snacks prepared by the program participants, and play "Superfood Picture Bingo". The library will pay for the ingredients and supplies for this program.

**Target audience and maximum capacity:** The target audience is library patrons between the ages of ten and fourteen. The maximum capacity is twenty children, who will register once for all four sessions.

**Strategies for engaging participants:** Children are already interested in cuisine and food culture, as evinced by successful shows like “Masterchef Junior,” and we think they will be especially interested in the program’s opportunities for “hands-on” cooking experience. The four-session format will help children form friendships within the group, and we hope that the final event, where they prepare a dish to share with younger children, will be an exciting incentive to attend all four sessions.

**Project Dates:** The project sessions will take place over four weeks in July and August. There will be four two-hour sessions. At the final class in August, participants will do all the food preparation to serve to younger children attending a “Superfood Storytime.”

**Project Goals:** Our goal is for tweens to become conscious and responsible eaters after they learn about healthy eating habits and sustainable food choices. They will be empowered to make their own healthy snacks and share these with younger children.

**Community Impact:** The tweens involved will be more aware of local resources for healthy eating. They will also be able to prepare their own healthy food at home. Their knowledge will be applied at the “Superfood Storytime,” where they prepare the snacks for a library story time.

**Professionals involved and their qualifications:** Samantha Mark is a Registered Dietician and Certified Dietitian Nutritionist with over five years’ experience in the nutrition field. She has provided many diet- and nutrition-related programs for the public through her work as the Registered Dietitian at ShopRite on Tuckahoe Road in Yonkers.

Mike Geller is the founder of Mike’s Organic Delivery, a grocery delivery service committed to organic and sustainable farming. He was a finalist in the Martha Stewart: American Made Awards for sustainable food.

Mike has also addressed children at several area schools on these subjects

(<http://tedxtalks.ted.com/video/Farms-Food-and-a-Lesson-from-th>).

Susan Chasen trained at the Institute of Integrative Nutrition and is the founder of *The Organic Teaching Kitchen*, which “combines nutrition and culinary education with fun, "hands on" cooking skills for adults and kids.” She has taught cooking skills to groups of children including the Girl Scouts of Irvington and also small private “party” groups of children. Her website is <http://susan-chasen.healthcoach.integrativenutrition.com/>

**Community Involvement:** Our partners will include the local Shop-Rite grocery store, which will provide the services of a dietician and a portion of the groceries gratis. Mike’s Organic Delivery also serves the lower Westchester area.

**Culminating activity planned:** In the fourth session and “culminating event,” the students will plan the menu and prepare the snacks for a small “Superfood Storytime.” Children aged 4-7 will be invited to attend a program where the tweens from our program read them a story, play “superfood bingo,” and serve the snacks they have prepared.

**Any other information you think is important for the panel to know about this project:** Without this funding, the Yonkers Public Library cannot provide such a high-interest and high-cost program for older children. Tweens (ages 10-14) are an oft-neglected demographic in the library, being too old for the crafts and stories, but not yet ready for the Young Adult room.

**Total project budget amount: \$1150.**

**Total project request amount: \$850 to pay Susan Chasen and miscellaneous expenses.**

## Project Budget Details

Item	Cost
Publicity (graphic design and materials)	\$100
Room Rental	\$100
Organizational and supervisory services (Provided by librarians Aili Whelan and Victoria Addo-Prempeh)	\$200
Miscellaneous Supplies (plates, cups, napkins, seeds, potting soil, etc.)	\$100
Susan Chasen Program (food and instruction for twenty children)	<u>\$750</u>
Total	1150

Publicity, Room Rental, and Supervisory Services provided by the Yonkers Public Library (Will Branch) valued at \$400.

**Total project request amount: \$850**

The Will Branch of the Yonkers Public Library seeks a WLS mini-grant in the amount of \$850 for a healthy eating program called, “Superfoods for Super Foodies”.

**Project Details:** “Superfoods for Superfoodies” is a three-week course to educate children ages 10-14 about diet, nutrition, and simple food preparation. The grant funds will pay for professional presentations and materials, especially food. There will be three 2-hour sessions, one a week, in which food professionals will inform and engage children about healthy eating. STEM concepts like math, problem solving, and critical thinking will be applied to real-world problems like following a recipe and choosing ingredients. “Superfoodies” also ties in to our Summer Reading theme, “Every Hero has a Story.”

**Specific Activities:** In the first session, registered dietician Samantha Mark from the local Shop-Rite grocery store will provide a complimentary program about nutrition and heart health and share a heart-healthy snack.

In the second session, Mike Geller from Mike’s Organic Delivery will do a hands-on presentation about organic farming and sustainable food. There is no charge for this program, as it is part of their community outreach initiative. The librarians will also lead children in planting some seeds for a miniature herb garden to take home. This will require purchases of seeds, cups, and potting soil.

In the third and final session, Susan Chasen from the Organic Teaching Kitchen will teach children to prepare healthy and appetizing snacks, and the children will prepare for themselves a special food suitable for sharing with the public as a culminating event (possibly homemade pizza or hummus). Susan Chasen will receive a payment to compensate her for travel expenses, food, and expertise. There will also be purchases of napkins, cups, and tablecloths.

**Target audience and maximum capacity:** The target audience is library patrons between the ages of ten and fourteen. The maximum capacity is twenty children.

**Strategies for engaging participants:** Children are already interested in cuisine and food culture, as evinced by successful shows like “Masterchef Junior,” and we think they will be especially interested in the program’s opportunities for “hands-on” cooking experience. The three-session format will help children form friendships within the group, and we hope that the final event, where they prepare a dish to share with the public, will be an exciting incentive to attend all three sessions.

**Project Dates:** The project sessions will take place over three weeks in July and August. There will be three two-hour sessions. After the final class in August, participants and their family, friends, and members of the public will be invited to share the healthy food prepared at the class.

**Project Goals:** Our goal is for tweens to become conscious and responsible eaters after they learn about healthy eating habits and sustainable food choices.

**Community Impact:** The tweens involved will be more aware of local resources for healthy eating. They will also be able to prepare their own healthy food at home. Increased interest in healthy eating will spread to family, friends, and patrons participating in the culminating event.

**Professionals involved and their qualifications:** Samantha Mark is a Registered Dietician and Certified Dietitian Nutritionist with over five years’ experience in the nutrition field. She has provided many diet- and nutrition-related programs for the public through her work as the Registered Dietitian at ShopRite on Tuckahoe Road in Yonkers.

Mike Geller is the founder of Mike's Organic Delivery, a grocery delivery service committed to organic and sustainable farming. He was a finalist in the Martha Stewart: American Made Awards for sustainable food. Mike has also addressed children at several area schools on these subjects (<http://tedxtalks.ted.com/video/Farms-Food-and-a-Lesson-from-th>).

Susan Chasen trained at the Institute of Integrative Nutrition and is the founder of *The Organic Teaching Kitchen*, which "combines nutrition and culinary education with fun, "hands on" cooking skills for adults and kids." She has taught cooking skills to groups of children including the Girl Scouts of Irvington and also small private "party" groups of children. Her website is <http://susan-chasen.healthcoach.integrativenutrition.com/>

**Community Involvement:** Our partners will include the local Shop-Rite grocery store, which will provide the services of a dietician and a portion of the groceries gratis. Mike's Organic Delivery also serves the lower Westchester area.

**Culminating activity planned:** After the last session, participants and their family, friends, and members of the public will be welcome to share the healthy food prepared at the class. A large display in our lobby will invite patrons to sample the children's special dish.

**Any other information you think is important for the panel to know about this project:**

Without this funding, the Yonkers Public Library cannot provide such a high-interest and high-cost program for older children. Tweens (ages 10-14) are an oft-neglected demographic in the library, being too old for the crafts and stories, but not yet ready for the Young Adult room.

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March 25, 2015