



Gather
'ROUND THE
TABLE

Food Literacy Programs, Resources,
and Ideas for Libraries

HILLARY DODGE

ALA 
Editions

CHICAGO | 2020

alastore.ala.org

HILLARY DODGE is a lifelong lover of books and food. When not eating or reading, she can most likely be found wandering into places she shouldn't and meeting characters that would raise an eyebrow. One of the greatest joys in life is exploration, she'd tell you. So go out and explore and try some of the cheese while you're there. Hillary is currently the director of the north region of the Pikes Peak Library District in Colorado Springs, Colorado.

© 2020 by the American Library Association

Extensive effort has gone into ensuring the reliability of the information in this book; however, the publisher makes no warranty, express or implied, with respect to the material contained herein.

ISBN: 978-0-8389-4629-9 (paper)

Library of Congress Control Number: 2019040962

Cover design by Alejandra Diaz. Imagery ©Adobe Stock.

Text design and composition by Karen Sheets de Gracia in the Mercury, Vista, and Wicked Grit typefaces.

Ⓢ This paper meets the requirements of ANSI/NISO Z39.48-1992 (Permanence of Paper).

Printed in the United States of America

24 23 22 21 20 5 4 3 2 1

CONTENTS

Preface How This Book Came About ix

Introduction Come and Get It! xi

Part I “FROM SOUP TO NUTS”

- 1 What Is Food Literacy? 3
 - 2 Food Movements Every Librarian Should Know 11
 - 3 A Primer to the Field of Culinary Arts 21
-

Part II “TAKE THE CAKE”

- 4 The Community Food Assessment 29
 - 5 Food Literacy Quick-Start Guide 39
-

Part III “THE PROOF IS IN THE PUDDING”

- 6 Short Orders 47
 - 7 House Specials 61
-

Conclusion Go Forth and Bake It 95

Appendixes

- Appendix A **COLLECTION DEVELOPMENT** 97
- Appendix B **TOOLS FOR THE COMMUNITY FOOD ASSESSMENT** 103
- Appendix C **INTERACTIVE WEBSITES, TOOL KITS, AND MOOCS** 109

About the Contributors 115

Index 119

PREFACE

HOW THIS BOOK CAME ABOUT

In 2016, my husband, daughter, and I decided to pursue a lifelong dream. My husband and I quit our jobs, sold our house and nearly everything in it, and shipped our car to the other side of the hemisphere. On the other end, we met it in Santiago, Chile, a country our little family of three would be calling home for the next two years.

Our dream was to write a cookbook—but not just any cookbook. We wanted to dig into the historical and cultural context of my husband’s native cuisine and, in the process, capture recipes that were disappearing from the food landscape of Chile. So we drove the length of Chile, making friends and meeting fellow food enthusiasts from all walks of life. We were invited into homes and kitchens where we would ask our hosts to cook us a meal their mothers used to make. And then, with cameras and notebooks, we would observe, ask questions, and then sit down to eat with our new friends.

It was a fantastic adventure and humbling experience. In the arid *altiplanos* of the north, we dined with descendants of the Aymara people in a part of Chile that used to be Peru, eating llama *tamals* and *kalapulka*, a traditional beef and pork stew reserved for festivals and celebrations, aromatic with spices and herbs we’d never seen in our lives. In the fertile lakes region just south of the central valley of Santiago, we ate *curanto en hoyo*, a feast of seafood and pork cooked in a smoking hole in the ground beneath the pungent *nalca* leaves that were as big as a kitchen table, and afterward, just down the road, we enjoyed raspberry kuchen for dessert. In the far south, in the wet and windswept land of Patagonia and Tierra del Fuego, we watched as a lamb was slaughtered and strung across an *x* of wood, tilted just so above a firepit for hours as it cooked, a meal that would feed many, *cordero al palo*.

Along the way, I became interested in how we see and use food, how food knowledge is passed on from one generation to the next, and how the disruptive factors of a modern world make family meals challenging. In the United States, it’s easy to pop around the corner and buy a frozen meal from the grocery and even

X 🍏 PREFACE: HOW THIS BOOK CAME ABOUT

easier to grab a bag of takeout. But aside from questionable nutritional value and strange additives, those meals aren't fulfilling in the way home-cooked meals are. But not everyone knows how to make a home-cooked meal.

Around the time we were wrapping up our research and preparing to return to the States, I received an issue of *Public Libraries* in the mail. Flipping through its pages, I got to thinking about food programming in libraries, and I began to wonder what was out there on the topic. As I began to search, I quickly came to see that although the topic of food and cooking in libraries was popular, there was no single resource, no book of examples, how-to guides, or even basic reference information about how to design and implement a food program or service in the library.

And that is where this book comes in. Luckily, ALA Editions agreed with me, and together we embarked on the journey of creating this book. With the help of a hugely supportive editorial and marketing team, I reached out to ALA members across the nation to connect with librarians and library paraprofessionals who were using and making food in their libraries. Their stories can be found within the pages of this book as examples of food literacy programs and services that meet the needs of a diverse range of communities around the country.

INTRODUCTION

COME AND GET IT!

Simply put, if you love libraries, food, and people, this book is for you. As mentioned previously, this book is meant to be an all-in-one resource to learn about the potential for food literacy in libraries. As such, it will appeal to a broad cross section of library and culinary professionals, including those specializing in programming, reference, collection development, archives, museums, outreach, and community engagement. Beyond libraries, this book will have resources that can also serve culinary educators, literacy coaches, civic activists, and students.

I'll approach the topic in three ways: by deconstructing the concept of food literacy into its key components and demonstrating connections within the culinary arts world, by digging into the process of a community needs assessment and providing a quick-start guide to planning and implementation, and by sharing tangible examples of programs and services, both large and small in scope, in a variety of library settings that could be used as road maps for success.

Part 1, "From Soup to Nuts," is just that: the *ABCs* of food literacy. I'll explain the term and its origin, and then I'll break it down into its component pieces, or domains. This part will also present a handful of key food movements and accompanying terminology that you've probably already heard but maybe would like to understand better. And finally, because not all of us grew up in restaurants, I'll open the door to the culinary arts world and explain how things work, define the various roles and professions within the industry, and talk about culinary education.

In Part 2, "Take the Cake," I'm going to show you how to design and implement successful food literacy programs and services in your own library. I'll start with an in-depth discussion of the benefits of a community food assessment. Then I'll guide you through the process step-by-step, from building a team and defining your scope to planning and conducting research. Following that is a quick-start guide for designing and implementing a food program or service in response to a community need. This section is filled with a lot of tools that you can get started using right away.

Part 3, “Proof Is in the Pudding,” is especially exciting because it’s filled with real-world examples. I’ve divided this part into two sections: “Short Orders” features smaller-scope services and one-off programs, such as cooking demonstrations, nutrition classes, and hands-on contests; “House Specials” features larger-scope services and programs, such as cookbook book clubs, food business workshops, and library-led community gardens. No matter the size of your library or the makeup of your community, you are bound to find great ideas to tuck into.

Finally, in the last bit of the book, I offer a couple of appendixes with collection management and program planning tools as well as further resources and contributor bios for all those who shared their food literacy projects with me.

Food is a topic that appeals to library customers of all ages and life stages, but for various (and outdated) reasons, it hasn’t been at the forefront of library services. In the past, issues of safety, cleanup, and old-fashioned notions of what libraries should be have prevented food programs from taking hold. And if it was allowed in the building at all, food was mostly used to lure patrons into our programs or entice them to join in community focus groups. But the power of food doesn’t stop there, as this book will illustrate.

In this age of modern libraries, public librarians are easing up on the barriers that prevented them from exploring more innovative and creative services and programs, such as makerspaces—collaborative work spaces with specialized tools and technology—and food labs. It is my hope that you’ll find this book to be a valuable resource in learning about food literacy and in engaging your community in its food information needs.



PART I



**“FROM SOUP
TO NUTS”**

alastore.ala.org



WHAT IS FOOD LITERACY?

Food is a basic human need. We eat for a number of reasons—to fill our stomachs, nourish our bodies, participate in a social or cultural event, or practice a religious belief. What we eat depends on this context and the context of a number of different interrelated conditions at the individual, household, community, national, and global levels. For example, an individual’s income, a community’s proximity to fresh produce, a nation’s policy on food distribution and storage, and a global market environment all play into the systems that make food available and affordable or not. Further complicating this food system are different cooking styles, food trends, education accessibility, scientific discoveries and developments, and political movements at all levels.

In an effort to make such a complicated system relatable, the term “food literacy” emerged. Interestingly, the first time the term reared its head, it was thrust into the spotlight with no firm definition or defined parts, identified as a goal by the American Dietetic Association in its 1990 response to a senate inquiry on food labeling.¹ In the following years, “food literacy” and similar terms began to surface with attached definitions in a variety of professional and educational literature of multiple industries, organizations, and governments.

Today, “food literacy” is still a somewhat subjective term. Some industries apply the term to a finite set of skills, whereas others use it to encapsulate a much broader set of experiences. The most comprehensive and scalable definition to date among all the competing interpretations and uses would be Australian public health nutritionist Helen Vidgen’s definition and components.² Dr. Vidgen’s study of the term and her subsequent research into the various appearances and uses of it in

health and policy literature have resulted in a solid research-supported definition. And it is this definition that this book will be referencing throughout.

A Definition and Its Parts

According to Helen Vidgen’s studies, food literacy is best defined as a “collection of inter-related knowledge, skills and behaviors required to plan, manage, select, prepare, and eat foods to meet needs and determine intake. Food literacy is the scaffolding that empowers individuals, households, communities or nations to protect diet quality through change, and support dietary resilience over time.”³

In a way, food literacy can be understood as a range of literacies required for the various processes, skills, and experiences related to food and eating in everyday life. The concept can be divided into four domains: planning and management, selection, preparation, and eating. Each domain, in turn, can be subdivided into two to three components, or subcategories, that encompass a distinct set of knowledge and skills that fall within that overall domain.

Within the domain of planning and management are the subcategories of prioritizing available resources for food, planning food intake, and making informed decisions based on needs and available resources. What this amounts to is understanding one’s available time, money, and skills and using these to plan for and meet the food needs of an individual or group. This does not necessarily imply that the decisions made meet health needs; it merely means that food and meals are planned in advance. Although it goes without saying, healthy meals are easier to prepare and serve when conscious consideration is given to the planning and executing of the meals. And from a nutritional perspective, planning and management are a crucial domain to changing unhealthy patterns of eating.

The domain of selection is subdivided into the subcategories of accessing food, determining the makeup of a food product, and judging the quality of a food or food product. This domain focuses on access and understanding the food systems that are at play in the availability and affordability of food. It means understanding the advantages and disadvantages of various food sources or understanding systems to access food when money and time are in short supply. At a more granular level, it means being able to read and understand food labels, identify ingredients used in food products, know how best to store and use a food item, and make a determination on a product’s healthiness.

Preparation is the domain most closely associated with the term “culinary literacy.” It involves the subcategories of demonstrating kitchen skills with quality outcomes and applying kitchen safety and hygiene. Quality outcomes are key with this domain. Being able to prepare and cook a good-tasting meal is what counts. This ability includes an understanding of kitchen equipment and methods of preparation. It also involves artistic touches, such as garnishing and plating. A high level of

Table 1.1 Food literacy in a nutshell

Domain	Components	Application examples
1. Planning and management	Prioritizing resources for food	Setting aside time and money for food
	Planning food intake	Making a meal plan for the week
	Making informed decisions about food	Choosing whole foods over processed foods
2. Selection	Accessing food	Knowing the difference between foods available at a convenience store and the local farmers market
	Determining what's in a food product	Being able to read and understand a food label
	Judging the quality of food	Being able to tell when a fruit is ripe and knowing how long it can be stored
3. Preparation	Demonstrating kitchen skills	Knowing how to use a knife to make different cuts
	Applying kitchen safety and hygiene	Understanding how to avoid food contamination
4. Eating	Understanding the impact of food choices	Understanding the nutritional difference between choosing a soda versus a glass of water
	Demonstrating self-awareness of health and food needs	Knowing to prepare meals low in sugar if diabetes runs in the family
	Being able to join others and eat socially	Demonstrating social awareness when eating with others

skill in this domain also results in the ability to adapt to changes in environment and access to kitchen tools and equipment in order to produce predictable outcomes in meal preparation.

The final domain, eating, aside from being the most satisfying, is also the most individual. Subcategories included within this domain relate to personal well-being. They include understanding the impact of food choices, demonstrating self-awareness of health and food needs, and being able to join others and eat in a social way.

RELATED TERMS

In lay communication, many of these terms are used interchangeably. But it is important to realize that many of these terms came into use from a distinct industry-based perspective, and as such, professional use of these terms is often limited to that industry’s understanding of the terminology.

Culinary literacy is concerned with the skills involved in preparing and cooking foods.

Foodwork is used to describe a set of domestic skills involved in the process of meal selection, including shopping, preparation, cooking, and eating. This term is often used from a sociology context.

Health literacy is characterized by the development of skills and capacities that enable individuals and communities to obtain, process, and understand basic health information, including services, required to make health-related decisions. Health literacy is normally viewed through two lenses: that of the individual and that of the community.

Nutrition literacy focuses on food intake, how the body converts food into nutrients and waste, and how the body uses nutrients for growth, development, and health.

This domain ties eating and the consequences of eating together. It connects nutrition and health literacies with self-efficacy and balance. The social aspect of eating is also crucial to this domain; eating communally lends to a sense of well-being and inclusion. In both family and larger group settings, cooking and eating together has been connected to improved health and wellness outcomes as a direct result of the need to plan for these larger meals.

Why Does a Definition Matter?

Defining food literacy helps us break down the term into its component parts or domains to allow us to see the various facets that are at play. From farm to stomach, food moves across the purviews of multiple disciplines. Having a common understanding of a term allows for easier exploration and application of the term and its components within various fields of study and production.

Food literacy is a topic of interest in national and international policy. The term has been used in Canada’s *What’s to Eat?* report, the European Union’s discussion paper on sustainable food consumption, and the United States Institute of Medicine’s committee report *Accelerating Progress in Obesity Prevention*, among others.⁴

Alongside policy, the term “food literacy” is used in application-based contexts by governments and practitioners. For instance, in the human services sector, food literacy is aligned with workforce development and life skills. In the agriculture and production sectors, it is a term that helps define food systems, environmental impact, and sustainability. Governments capitalize on the term in relation to food tourism and culture.

In regard to responding to literacy gaps, having a defined term also opens possibilities for pinpointing exact needs and being able to understand the approaches that can be taken to meet the needs. Definitions allow us as library professionals to speak to our stakeholders, our community, and each other from a common point of understanding.

Food Literacy in Libraries

Libraries not only are home to information champions but also have a long history of being propagators of social good. “Social good” is defined as an action that provides a benefit to the general public. As such, libraries have served as hosts, promoters, and also designers of social good. Think about the programs and services that libraries have created or enabled to support or directly benefit their communities: storytimes with literacy tips, book clubs, teen councils and volunteer programs, adult education classes, and many more.

Food literacy is yet another kind of social good that libraries have begun to offer their communities. Food literacy ties into a library’s mission by supporting and educating for multiple literacies, including reading (reading recipes), mathematics (measurement conversions), kitchen science (safety and sanitation), and health literacy (understanding a nutrition label). Food literacy initiatives in libraries also support and improve community health as well as serve and engage as another form of community making. Some of the more common examples have included book clubs focused on cookbooks, health and nutrition workshops, and hot-plate cooking demos. More recently, libraries have upped their game through summer lunch programs, mobile kitchens, and community gardens.

One of the most progressive and perhaps best-known examples of a library taking on food literacy is the aptly named Culinary Literacy Center in the Philadelphia Free Public Library. The first of its kind in the US, the center “was created with the understanding that cooking and eating are educational acts.”⁵ It was designed in response to a social need within the greater Philadelphia community—not just in terms of literacy but also in regard to building community and bringing people together to sustain it. The programs and series that the center has developed do just that. For example, in their Edible Alphabet class students can acquire English, Spanish, Italian, or Mandarin language skills by learning to cook a culturally relevant meal using recipes and instruction in that language. (For libraries looking to

ESSENTIAL COLLECTION

The Science and Sociology of Food

Alton Brown, chef and television host, made cooking fun again by explaining the science and history behind certain foods and meals. Have the same experience with these fun titles.

- *Did You Just Eat That? Two Scientists Explore Double-Dipping, the Five-Second Rule, and Other Food Myths in the Lab.* Dawson, Paul, and Sheldon, Brian.
- *A Moveable Feast: Ten Millennia of Food Globalization.* Kiple, Kenneth.
- *On Food and Cooking: The Science and Lore of the Kitchen.* McGee, Harold.
- *Moveable Feasts: The History, Science, and Lore of Food.* McNamee, Gregory.
- *Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking.* Nosrat, Samin.
- *Cooked: A Natural History of Transformation.* Pollan, Michael.
- *The Omnivore’s Dilemma: A Natural History of Four Meals.* Pollan, Michael.
- *Gulp: Adventures on the Alimentary Canal.* Roach, Mary.
- *Ratio: The Simple Codes behind the Craft of Everyday Cooking.* Ruhlman, Michael.
- *Catching Fire: How Cooking Made Us Human.* Wrاندman, Richard.

embark on a similar journey, the Free Library of Philadelphia has created a step-by-step guide, “Culinary Literacy: A Toolkit for Public Libraries,” available on their website for free.)

But even libraries without \$1.2 million commercial kitchens have been finding ways to offer food literacy programs to their communities. The Camden County Library System in New Jersey offers Books and Cooks, a mobile kitchen program that focuses on healthy eating and consumer literacy and serves a community with only one grocery store and a number of street-corner bodegas.⁶ Flavor Lab, out of the Chattanooga Public Library in Tennessee, operates their program using a Charlie Cart, a successfully kick-started kitchen on a cart, a primary goal of which is to train teens on how to cook the foods available to them in the summers when school lunches aren’t available and parents are at work.

Food literacy can be scaled even smaller. Seed libraries are popping up all across the nation—both within small communities (Missoula Public Library; Montana and Richmond Public Library, California) and cities (Pikes Peak Library

District, Colorado)—with the goal of enabling personal and community gardens through classes and seed sharing.⁷ Fort Hays State University in Kansas has the Tiger Food Exchange—located on the first floor of Forsyth Library—a food pantry dedicated to eradicating student food insecurity via a university garden and community donations.⁸ Ottawa Public Library in Ontario, Canada, has rolled out their food literacy project, *Á la Carte*, in the form of an online resource center geared toward helping patrons learn from and connect with food movers and shakers within their city.⁹ And at the very least, nearly every library is already providing food literacy through the thoughtful curation of their collections.

As our world continues to change and our communities with it, it is important for libraries to think ahead about their value and purpose. With consumer markets becoming even trickier to navigate and understand, will we help our users meet their food literacy needs? Will we empower them to make the best choices for themselves, their community, and the environment? Can we respond to the changing shape of the global food supply and the way it impacts our most basic need for food and nutrition? By considering food literacy as an important addition to the values and services that libraries support, we can do just that.

NOTES

1. Helen Vidgen, “An Overview of the Use of the Term Food Literacy,” in *Food Literacy: Key Concepts for Health and Education* (London: Routledge, 2016).
2. Helen Vidgen, ed., *Food Literacy: Key Concepts for Health and Education* (London: Routledge, 2016).
3. Helen Vidgen, “A Definition of Food Literacy and Its Components,” in *Food Literacy: Key Concepts for Health and Education* (London: Routledge, 2016).
4. Alison Howard and Jessica Brichta, *What’s to Eat? Improving Food Literacy in Canada* (Ottawa: Conference Board of Canada, 2013); L. A. Reisch, S. Lorek, and S. Beitz, *CORPUS Discussion Paper 2 on Policy Instruments for Sustainable Food Consumption* (Brussels, Belgium: European Commission, 2011); D. Glickman et al., *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation* (Washington, DC: National Academies Press, 2015).
5. J. Bowers, L. Fitzgerald, and S. Urminska, “Culinary Literacy: A Toolkit for Public Libraries” (Philadelphia: Free Library of Cooked to Perfection, 2015).
6. L. Ewen, “A Moveable Feast: Libraries Use Mobile Kitchens to Teach Food Literacy,” *American Libraries Magazine*, September/October 2018, 12–15.
7. A. Alger, “Seed Libraries in Sustainable Communities,” *Pacific Northwest Library Association Quarterly* (Fall 2014): 25–31.
8. E. Udell, “Food for Thought: Academic Libraries Are Fighting Campus Food Insecurity with Onsite Pantries,” *American Libraries Magazine*, May 2019, 12–15.
9. “*Á la Carte*: A Food Literacy Project,” Ottawa Public Library, 2017, www.biblioottawa.library.ca/en/food-literacy.

INDEX

A

Á la Carte food literacy project, 9
A la Rhody program, 68–69
Aarant, Megan, 59–60, 115
Accelerating Progress in Obesity Prevention
(Institute of Medicine), 6
access, food, 4
“ACFEF Apprenticeships” (American Culinary
Federation), 109
Ackerman-Leist, Philip, 16
ACS (American Community Survey), 35
action plan, 37
agriculture
 Backyard Chicken Basics program, 47–49
 changes needed for future of food, 17
Alesi, Stacy, 63–65, 115
Allenbaugh, Kay, 58
allergic reaction, 11–12
American Community Survey (ACS), 35
American Culinary Federation, 21–22, 109
American Dietetic Association, 3
American Planning Association, 37
The American Plate: A Culinary History in 100
Bites (O’Connell), 34
America’s Test Kitchen, 42
An Unexpected Cookbook: The Unofficial Book of
Hobbit Cookery (Oseland), 78
analysis, 36–37
anaphylaxis, 11
animal husbandry, 47–49
Annunziato, Diane, 47–49, 115
appendixes
 collection development, 97–102
 interactive websites, took kits, MOOCS,
 109–114
 tools for community food assessment,
 103–107
apprentice, 24
apprenticeships, 21–22
apps, 41
attendance, 85
 See also participants
autonomy, 12–13

B

Backyard Chicken Basics program, 47–49
bacon
 in dinner salad, 72
 Teen Bacon Club, 73–77
Bain, Carolyn, 51
Baines, Emily, 78
baking
 Cake Decorating for Teens, 54–55
 in cookbook club, 64
 Cupcake Wars program, 52–53
 Teen Baking Club, 73–77
 Your Baking Club Checklist, 71
Baking with Kids (Brooks), 42
Baltimarket, 15
Baltimore City Health Department’s Virtual
 Supermarket Program, 15
Barclay, Jennifer, 69
bartender, 23
Beaupommier, Aurelia, 78
Benson, Jeffrey, 25
Benton Harbor Public Library, Michigan, 12
Bertlesen, C., 109
Beyond Meat, 17
Beyond the Chocolate War (Cormier), 58
Bittman, Mark, 13
Blagin, Karla, 56
Blood, Bones & Butter (Hamilton), 64
Blood and Chocolate (Curtis Klause), 58
book club, 83
The Book Club Cookbook, Revised Edition:
 Recipes and Food for Thought from Your
 Book Club’s Favorites Books and Authors
 (Gelman & Krupp), 69
The Book Lover’s Cookbook: Recipes Inspired by
 Celebrated Works of Literature, and the
 Passages That Feature Them (Wenger), 69
books
 on business of food, 25
 chocolate-themed fiction booklist, 58
 cookbooks for kids, 42
 culinary collection development, 97–102
 fandom cookbooks, 78

books (cont.)

- hot topics in food, 16
- International Edible Book Day, 49–51
- on science/sociology of food, 8
- travel memoir/world food culture collection, 51
- Books and Cooks mobile kitchen program, 8
- Books That Cook: The Making of a Literary Meal* (Goldthwaite), 69
- boucher* (butcher), 24
- boundaries, 32
- Bourdain, Anthony
 - Kitchen Confidential*, 64
 - A Moveable Feast*, 51
- Breithaupt, Lisa, 57–58, 115
- brigade de cuisine
 - brigade system for dining room, 24–26
 - description of, 23
 - roles within, 24
 - table of, 24
- Brooks, Leah, 42
- Brown, Alton, 8
- Brown, Sandra, 58
- Brox, Jane, 49
- Bucholz, Dinah, 78
- Bureau of Labor Statistics, 21
- business of food, 25
- business specialist, 93
- business topics, 98
- Buttermilk Graffiti: A Chef's Journey to Discover America's New Melting-Pot Cuisine* (Lee), 34

C

- Cake Decorating for Teens, 54–55
- Camden County Library System, New Jersey, 8
- career
 - culinary education/training, 21
 - food career, fields/industries of, 22–23
- Carl, Joanna, 58
- Carle-Sanders, Theresa, 78
- Catching Fire: How Cooking Made Us Human* (Wrandman), 8
- Centers for Disease Control and Prevention (CDC), 36
- Chattanooga Public Library, 8
- checklist, 71
- chef
 - education/training of, 21–22
 - role of, 23
- chef de cuisine* (executive chef), 24
- chef de partie* (senior chef), 24
- chef de rang*, 25
- chef de salle* (floor manager), 24–25

- chef de tourant*, 23
- chef de vin*, 23
- chef d'etage* (captain), 25
- chefs-resources.com, 109
- chemicals, 14, 15
- chickens
 - Backyard Chicken Basics program, 47–49
 - chicken stir-fry, 72
- Chocolat* (Harris), 58
- chocolate
 - chocolate-themed fiction booklist, 58
 - Death by Chocolate program, 57–58
- Chocolate Cat Caper* (Hyde), 58
- Chocolate Chip Cookie Murder* (Hyde), 58
- chocolate covered potato chips, 57–58
- Chocolate for a Woman's Blessing* (Allenbaugh), 58
- Chocolate Frog Frame Up* (Hyde), 58
- Chocolate Puppy Puzzle: A Chocoholic Mystery* (Carl), 58
- The Chocolate War* (Cormier), 58
- choices, 12–13
- church kitchens, 19
- cicerone, 23
- classes, 18
- clean eating, 17
- Clean Meat: How Growing Meat without Animals Will Revolutionize Dinner and the World* (Shapiro), 16
- cleanup, 85
- Clearing Land: Legacies of an American Farm* (Brox), 49
- Clermont County Public Library, Ohio, 57–58
- clubs
 - cookbook clubs, 61–67
 - Teen Bacon Club, 73–77
 - Your Baking Club Checklist, 71
- coding
 - of community food assessment data, 36
 - of research data, 36
- collection
 - business of food, 25
 - chocolate-themed fiction booklist, 58
 - fandom cookbooks, 78
 - food allergies and, 12
 - for food literacy program, 43, 44
 - hot topics in food, 16
 - literary dishes, 69
 - science/sociology of food, 8
- collection development
 - business topics, 98
 - cooking methods, 98–99
 - cuisine styles, 99
 - diets, 99–100

- equipment, 100
- food/drink, types of, 101–102
- nutrition topics, 100–101
- subject lists, 97–98
- Western meals/menu categories, 102
- world cuisines, 101
- Columbus Public Library, Chattahoochee Valley
 - Libraries, Georgia, 59–60
- commis* (line cook), 24
- commodity foods, 70
- community
 - Eat Play Grow program for, 88–89
 - Edible Education Garden and, 81, 82
 - Food ED and, 92
 - food literacy in libraries and, 7, 8–9, 95
 - interest in local food system, 30
 - Recipe Club and, 65, 66, 67
- Community Action Partnership, 36
- Community Commons
 - Maps and Data, 35
 - website, 110
- community food assessment
 - action plans/indicators, 37
 - benefits of, 29
 - benefits of/process of, xi
 - conducting, 35–37
 - primary data, 32–33
 - questions for, 31–32
 - readiness, assessment of, 29–31
 - road-trip inspired books, 34
 - secondary data, 33
 - steps of, 32
 - team members, 31
 - tools for, 103–107
 - work plan, 33–34
- Community Food Assessment: Laying the Foundation, 104–105
- Community Food Assessment: Readiness Questionnaire, 103
- Community Food Assessment: Work Plan Template, 106–107
- Community Food Project Evaluation Handbook* (National Research Center), 37
- “Community Food Security Assessment Toolkit” (USDA), 113
- Community Food Security Coalition, 36
- Community Food Strategies website, 37
- community forums, 35
- community gardens
 - Edible Education Garden, 80–82
 - enabling, 9
 - food deserts and, 15
 - at libraries, 18
- community partnerships, 55–56
- community-supported agriculture (CSA), 49
- The Complete Cookbook for Young Chefs* (America’s Test Kitchen), 42
- The Complete Idiot’s Guide to Starting a Food Truck Business* (Philips), 25
- Conant, Scott, 65
- Connelly-Brown, Kathleen
 - information about, 115
 - Teen Cooking Classes, 69–73
- consumer impact, 12–13
- cook
 - education/training of, 21–22
 - role of, 23
- Cookbook Club at Storrs Library, 61–62
- cookbook clubs
 - Cookbook Club at Storrs Library, 61–62
 - Cooking the Books, 63–65
 - Recipe Club, 65–67
- cookbooks
 - collection development, 99–102
 - fandom, list of, 78
 - for kids, 42
 - for Teen Baking Club, 75
- Cooked: A Natural History of Transformation* (Pollan), 8
- cooking
 - from Edible Education Garden, 81
 - Teen Maker Club, 82–85
 - Your Baking Club Checklist, 71
- “Cooking by the Book” (Princeton University Library), 113
- cooking class
 - Cake Decorating for Teens, 54–55
 - Cooking with the Kids, 85–87
 - Death by Chocolate program, 57–58
 - Getting Started with Your Instant Pot program, 53–54
 - Mobile Kitchen for, 77, 79–80
 - Teen Cooking Classes, 69–73
 - Teen Maker Club, 82–85
- cooking shows
 - Cupcake Wars program, 52–53
 - Ramen Iron Chef program, 59–60
 - teen cooking competition, 77
- Cooking the Books cookbook club, 63–65
- Cooking up a Business: Lessons from Food Lovers Who Turned Their Passion into a Career—and How You Can Too* (Hofstetter), 25
- Cooking with the Kids, 85–87
- cooking methods, 98–99
- cordero al palo*, ix
- core questions, 31–34

- Cormier, Robert, 58
 Coron, Beatrice, 49
 corporations, 14
 cost
 of Cooking with the Kids program, 87
 of Eat Play Grow program, 89
 of Teen Cooking Classes, 73
 Coward, Danielle, 88–89, 115
 crackers, flavored, 75–76
Cravings (Teigen), 64
Crazy as Chocolate (Hyde), 58
 Croce, E., 25
 CSA (community-supported agriculture), 49
 cuisine styles, 99
cuisiner (station cook), 24
 culinary arts
 brigade de cuisine, 23–26
 collection development, 97–102
 fields/industries, 22–23
 job outlook for chefs/head cooks, 21
 resources on, 25
 terminology, 23
 top culinary schools in U.S., 22
 training/education, 21–22
 culinary education
 Cake Decorating for Teens, 54–55
 Mobile Kitchen for, 77, 79–80
 overview of, 21–22
 Teen Maker Club, 82–85
 Culinary Incubator website, 110
 Culinary Institute of America, 42
 culinary literacy
 definition of, 6
 preparation domain of food literacy, 4–5
 “Culinary Literacy: A Toolkit for Public Libraries”
 (Free Library of Philadelphia), 8
 Culinary Literacy Center, Philadelphia Free
 Public Library, 7–8
 culinary schools, 22
 CulinarySchools.org, 110
Cultural Revolution Cookbook (Gong), 83
 culture
 Dia de los Muertos Community Altar
 program, 55–56
 Ramen Iron Chef program, 59–60
 Cupcake Wars program, 52–53
curanto en hoyo, ix
 Curtis, Andrea, 16
 Curtis Klause, Annette, 58
- D**
 D’Amato, Barbara, 58
 Daniels, Patricia, 42
- data
 action plan after collection of, 37
 from community food assessment, 32–33
 community food assessment, conducting,
 35–37
 Davis, Robin, 78
 Dawson, Paul, 8
Death by Chocolate (McKevett), 58
 Death by Chocolate program, 57–58
Death Is Semi-Sweet (Temple), 58
 DeBerry, Catherine
 information about, 116
 Recipe Club, 65–67
 decisions, 4
 Declaration of Human Rights (UN), 14
*Deep Run Roots: Stories and Recipes from My
 Corner of the South* (Howard), 64
 degrees, 22
Delicious (Reichl), 64
demi chef, 24
demi-chef de rang (table busser), 25
 design, 39–40
 Devane, Rhett, 58
 Dewey Decimal System summaries, 97
 Dia de los Muertos Community Altar program,
 55–56
 Dichos de la Casa, 55–56
*Did You Just Eat That? Two Scientists Explore
 Double-Dipping, the Five-Second Rule, and
 Other Food Myths in the Lab* (Dawson &
 Sheldon), 8
- diets
 collection development, 99–100
 overview of, 17–18
 Teen Cooking Classes, 69–73
*Diners, Drive-Ins and Dives: The Funky Finds in
 Flavortown: America’s Classic Joints and
 Killer Comfort Food* (Fieri), 34
Dining In (Roman), 64
 dining room, brigade system for, 24–26
 dinner salad, 72
 dishes, literary, 69
*Doctor Who: The Official Cookbook: 40
 Wibbly-Wobbly Timey-Wimey Recipes*
 (Farrow), 78
 Dodge, Hillary, ix–x
 Doherty, Tom, 48
 Dracut Agricultural Commission, 48
 “Dracut Reads and Eats 2018!” program, 48–49
 Dreamweavers storytelling troupe, 57
 drinks, 101–102
 Dunn, Rob, 16
Dying for Chocolate (Mott Davidson), 58

E

- Eat & Move-O-Matic (Learning Games Lab), 41
- Eat Drink Vote: An Illustrated Guide to Food Politics* (Nestle), 16
- Eat Play Grow, 88–89
- Eat Your Greens, Reds, Yellows, and Purples: Children's Cookbook* (Mitchem, Love, & King), 42
- Eating across America: A Foodie's Guide to Food Trucks, Street Food and the Best Dish in Each State* (Patterson), 34
- eating domain, 5
- Eating Words: A Norton Anthology of Food Writing* (Gilbert et al.), 51
- EatPlayGrow Curriculum, 88–89
- Economic Research Service (ERS), 114
- Edible Book Day (EBD), 49–51
- Edible Education Garden, 80–82
- education
 See culinary education
- edX, 110, 111
- Eight Flavors: The Untold Story of American Cuisine* (Lohman), 34
- Elmont Public Library, Hempstead, New York, 85–87
- Elyria City School District, 88–89
- Elyria Public Library System (EPLS), 88–89
- Entrepreneur Media, 25
- Environmental Protection Agency, 111
- environmental scans, 36
- equipment, 100
 See also kitchen equipment
- equipment-based cookbooks, 100
- ERS (Economic Research Service), 114
- Escoffier, Georges Auguste, 23
- Esquivel, Laura, 58
- essential collections
 American Road Trip, 34
 business of food, 25
 cookbooks for kids, 42
 fandom cookbooks, 78
 hot topics in food, 16
 literary dishes, titles on, 69
 science/sociology of food, 8
 travel memoir/world food culture, 51
- ethics
 food ethics, 12–13
 of meat production/processing, 17
- “The Ethics of Eating” (edX), 110
- Eureka Springs Carnegie Public Library, Illinois, 82–85
- Evershed, Richard, 16
- Everyday Gourmet series, 64
- The Evolved Eater: A Quest to Eat Better, Live Better, and Change the World* (Taranto), 16
- Ewing Marion Kauffman Foundation, 92

F

- Fair Food: Growing a Healthy, Sustainable Food System for All* (Hesterman), 16
- fair trade, 13
- fairness, 12–13
- FALCPA (Food Allergen Labeling and Consumer Protection Act), 12
- family
 Cooking with the Kids program and, 85–87
 in Cupcake Wars program, 52–53
- fandom cookbooks, 78
- FAO (Food and Agriculture Organization of the United Nations), 14, 111
- farm to table, 17
- Farrow, Joanna, 78
- A Feast of Ice and Fire: The Official Game of Thrones Companion Cookbook* (Monroe-Cassel), 78
- “Feeding a Hungry Planet: Agriculture, Nutrition and Sustainability” (edX), 110
- Feigenbaum, Michael, 54–55
- Fictitious Dishes: An Album of Literature's Most Memorable Meals* (Fried), 69
- Fieri, Guy, 34
- Fifty Shades of Chicken: A Parody in a Cookbook* (Fowler), 78
- Fizzy's Lunch Lab (PBS), 41
- Flavor Lab, 8
- focus groups, 35
- FocusOn: Food series, 13
- food
 as basic human need, 3
 Edible Education Garden, 80–82
 International Edible Book Day, 49–51
 titles on science/sociology of, 8
 types of food/drink, 101–102
 world food culture collection, 51
- “Food Access Research Atlas” (USDA), 114
- Food Allergen Labeling and Consumer Protection Act (FALCPA), 12
- food allergies
 dealing with in food literacy program, 43
 discussion of in Teen Baking Club, 75
 food intolerances vs., 11–12
- Food and Agriculture Organization of the United Nations (FAO), 14, 111
- “Food and Nutrition Service” (USDA), 114
- Food and Wine Tourism, 2nd Edition* (Croce), 25

- food business
 - Food ED, 90–94
 - resources on, 25
- food choices, 5
- food deserts
 - community gardens and, 80
 - description of, 14–15
 - food rescue efforts in, 19
- food distributor, 43
- Food ED, 90–94
- food ethics, 12–13
- “Food for Thought” (edX), 110
- food fraud, 13
- Food Journeys of a Lifetime: 500 Extraordinary Places to Eat around the Globe* (National Geographic), 51
- food justice, 14
- The Food Lab* (Lopez-Alt), 64
- food labels, 4
- Food Lit: A Reader’s Guide to Epicurean Nonfiction* (Stoeger), 97
- food literacy
 - collection development, 97–102
 - definition, reason it matters, 6–7
 - definition of, 3–4
 - domains of, 4–5
 - impact on communities, 95
 - in libraries, 7–9
 - related terms, 6
- food literacy programs/services
 - overview of book’s coverage of, xi–xii
 - program logistics, 40, 43–44
 - questions for, 39–40
 - stories as examples of, x
- food literacy quick-start guide
 - cookbooks for kids, 42
 - foodie websites/apps for kids, 41
 - program logistics, 40, 43–44
 - questions about food literacy program, 39–40
- Food Lover’s Guide to the World: Experience the Great Global Cuisines* (Bain), 51
- food miles, 13
- food movements
 - diets, popular, 17–18
 - food allergies/intolerances, 11–12
 - food ethics/food system, 12–13
 - food security/food deserts, 13–15
 - food waste/food rescue, 18–19
 - GMOs/future of food, 15–17
 - hot topics in food, 16
- Food Network, 52
- Food on Wheels: The Complete Guide to Starting a Food Truck, Food Cart, or Other Mobile Food Business* (Lewis), 25
- food pantry, 9, 19
- food programs
 - Cooking with the Kids, 85–87
 - in libraries, x
 - See also programs
- “Food Recovery Hierarchy” (EPA), 111
- food rescue, 15, 19
- food resources, 4
- food safety
 - See safety
- food security
 - “Community Food Security Assessment Toolkit” (USDA), 113
 - food deserts and, 14–15
 - overview of, 13–14
- “Food Service Resources” (WebstaurantStore), 114
- food sovereignty, 14
- food system
 - community interest in local, 30
 - elements of, 3
 - food ethics and, 12–13
 - food sovereignty and, 14
 - future of food, 16–17
 - GMOs in, 15–16
 - terms related to, 13
- The Food Truck Handbook: Start, Grow, and Succeed in the Mobile Food Business* (Weber), 25
- Food Truck Workshop, 92
- food waste, 18–19
- food/drink, types, 101–102
- FoodPantries.org, 112
- food-service industry, 22
- foodshed, 13
- Foodtank, 112
- foodwork, 6
- A Fork in the Road: Tales of Food, Pleasure and Discovery on the Road* (Oseland), 51
- Fort Hays State University, Kansas, 9
- Fowler, F. L., 78
- Freeman, Danyelle, 51
- FreeRice, 41
- The French Laundry Cookbook* (Keller), 63–64
- French Silk* (Brown), 58
- Fried, Dinah, 69
- “From Soup to Nuts”
 - culinary arts, primer to field of, 21–26
 - food literacy, 3–9

food movements, 11–19
 overview of, xi
 fruits, 80–82
 The Fuzzy Pig, 90

G

garde manger (keeper of the food), 24
 gardening
 in Backyard Chicken Basics program, 47, 48
 community gardens, 9, 15, 18
 Edible Education Garden, 80–82
 Garten, Ina
 cookbooks by, 64
 Make It Ahead, 62
Gather 'Round the Table (Dodge)
 origins of, ix–x
 overview of, xi–xii
The Geek's Cookbook: Easy Recipes Inspired by Pokémon, Harry Potter, Star Wars, and More! (Lecomte), 78
The Geeky Chef Cookbook (Reeder), 78
The Geeky Chef Drinks: Unofficial Cocktail Recipes from Game of Thrones, Legend of Zelda, Star Trek, and More (Reeder), 78
 Gelman, Judy, 69
 genetically modified organisms (GMOs)
 future of food and, 16–17
 from green revolution, 14
 issues of, 15–16
 Getting Started with Your Instant Pot program, 53–54
Getting Your Specialty Food Product onto Store Shelves: The Ultimate Wholesale How-to Guide for Artisan Food Companies. (Lewis), 25
 Gherkins and Tomatoes website, 109
 Gilbert, Sandra, 51
 gingerbread house-making program, 86
 global food ethics, 13
 GMOs
 See genetically modified organisms
 Goldthwaite, Melissa, 69
 Gong, Sasha, 83
Good Food, Great Business: How to Take Your Artisan Food Idea from Concept to Marketplace (Wyshak), 25
 Goudge, Eileen, 58
 granola bars, 72
 grant
 for Eat Play Grow program, 88
 Healthy Living grant, 77, 79
 for Mobile Kitchen, 77, 79

Grant, Amanda, 42
Great American Eating Experiences: Local specialties, favorite restaurants, food festivals, diners, roadside stands, and more (National Geographic), 34
 green revolution, 14
 Greenwich Library, Connecticut, 13
 Gresham, Douglas, 78
 Griffith, April
 information about, 116
 Teen Maker Club, 82–85
grillardin (grill chef), 24
 Gross, Suzanne, 42
Gulp: Adventures on the Alimentary Canal (Roach), 8
 Gwinnett County Public Library, Lawrenceville, Georgia, 55–56

H

Hahn, Diane, 65–67
 Hamilton, Gabrielle, 64
 Hammer, Melina, 42
 Harris, Joanne, 58
Have Fork, Will Travel (Wolf), 25
 health literacy, 6
 “Health Literacy” (NNLM), 113
 healthy food
 Cooking with the Kids, 85–87
 Eat Play Grow, 88–89
 Edible Education Garden, 80–82
 Teen Cooking Classes, 69–73
 Healthy Living grant, 77, 79
The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth (Roth), 42
 Hesterman, Oran, 16
 high school students, 82
 history, 68–69
 Hoffberg, Judith, 49
 Hofstetter, Rachel, 25
 Holmes County Public Library, 53–54
Homemade for Sale: How to Set Up and Market a Food Business from Your Home Kitchen (Kivirist), 25
Honest Pretzels: And 64 Other Amazing Recipes for Cooks Ages 8 and Up (Katzen), 42
 hostess, 25–26
 hot topics in food, 16
 house specials
 Cookbook Club at Storrs Library, 61–62
 Cooking the Books, 63–65
 Cooking with the Kids, 85–87

house specials (*cont.*)

- description of, xii
- Eat Play Grow, 88–89
- Edible Education Garden, 80–82
- fandom cookbooks, 78
- Food Ed, 90–94
- literary dishes, titles on, 69
- Mobile Kitchen, 77, 79–80
- Recipe Club, 65–67
- On the Table exhibition, 68–69
- Teen Bacon Club, 73–77
- Teen Cooking Classes, 69–73
- Teen Maker Club, 82–85
- Your Baking Club Checklist, 71

Howard, Vivian, 64

Hughes, Meredith, 16

Hyde, Elisabeth, 58

hygiene

- in mobile kitchen, 80
- in Teen Baking Club, 75, 76

I

In Defense of Food: An Eater's Manifesto (Pollan), 16

indicators, 37

Instant Pot, 53–54

Institute of Medicine, 6

International Edible Book Day, 49–51

intolerances, 11–12

Issa's Edible Adventures website, 41

J

Jacobs, Audrey L., 54–55, 116

Japanese culture, 59–60

Jennifer, Lewis, 25

judges, 50

K

kalapulka (beef and pork stew), ix

Karmel, Annabel, 42

Katzen, Mollie, 42

Keller, Thomas, 63–64

Keystone Empowers You, 89

Keystone Local School District, 88–89

Kid Chef: The Foodie Kids Cookbook: Healthy Recipes and Culinary Skills for the New Cook in the Kitchen (Hammer), 42

King, Dave, 42

Kiple, Kenneth, 8

kitchen

- mobile kitchen, 77, 79–80
- skills, 4–5

Kitchen Confidential (Bourdain), 64

kitchen equipment

- equipment-based cookbooks, 100
- for mobile kitchen, 79–80
- purchase of, 43
- for Teen Baking Club, 75
- for Teen Maker Club, 83–84
- Your Baking Club Checklist, 71

Kitchens of the Great Midwest (Stradal), 64

Kivirist, Lisa, 25

knives

- safety of food literacy program, 40, 43
- safety with, 75
- in Teen Cooking Class, 72

Korean cooking, 49

Koslow, Christopher, 64

Krupp, Vicki, 69

L

La Vista Public Library, La Vista, Nebraska, 73–77

labor market information (LMI), 92

Lake Anne Elementary School, Reston, Virginia, 80–82

Latin American heritage, 55–56

Learning Games Lab, 41

Lecomte, Liguori, 78

Lee, Edward, 34

Let the Meatballs Rest: And Other Stories about Food and Culture (Montanari), 51

librarians

- business resources for small business owner, 93
- International Edible Book Day, collaboration for, 49–51

libraries

- diets, collection/programs about, 18
- Edible Education Garden, 80–82
- food assessments, value in, 29
- food ethics and, 12–13
- food literacy in, 7–9
- food programs, demand for, 61
- food programs in, ideas about, xii
- food rescue efforts of, 19
- See also* collection

Library of Congress subject headings, 98

life expectancy, 70

Like Water for Chocolate (Esquivel), 58

literacy, 6

See also food literacy

Literary Feast: Recipes Inspired by Novels, Poems and Plays (Barclay), 69

- A Literary Tea Party: Blends and Treats for Alice, Bilbo, Dorothy, Jo, and Book Lovers Everywhere* (Walsh), 69
- Livewell Colorado Data Collection website, 36
- local history, 68–69
- Lohman, Sarah, 34
- Lopez-Alt, J. Kenji, 64
- Love, Carrie, 42
- low-calorie diet, 17
- low-carb diet, 18
- low-fat diet, 17
- Lucy's Sweet Surrender, 54–55
- M**
- The Madhatter's Guide to Chocolate* (Devane), 58
- maitre d'* (general manager), 24
- Make It Ahead* (Garten), 62
- maker club, 82–85
- makeup, of food product, 4
- marketing
 See promotion
- Markle, Latricia, 52–53, 116
- Massive Open Online Courses (MOOCS), 109–114
- MasterChef Junior Cookbook: Bold Recipes and Essential Techniques to Inspire Young Cooks* (McLachlan), 42
- McGee, Harold, 8
- McKevett, G. A., 58
- McLachlan, Clay, 42
- McLaurin, Vatina, 112
- McNamee, Gregory, 8
- meat
 alternatives to, 17
 Teen Bacon Club, 73–77
- Mediterranean diet, 18
- Mid-Continent Public Library, Kansas City, Missouri, 90–94
- mise en place concept, 23
- Missoula Public Library, 8
- Mitchem, James, 42
- mobile kitchen
 Books and Cooks mobile kitchen program, 8
 creation of, 77, 79–80
 Food ED, 90–94
- Mom and Me Cookbook* (Karmel), 42
- monoculture environment, 15
- Monroe-Cassel, Chelsea, 78
- Montanari, Massimo, 51
- MOOCS (Massive Open Online Courses), 109–114
- Mott Davidson, Diana, 58
- A Moveable Feast* (Bourdain), 51
- A Moveable Feast: Ten Millennia of Food Globalization* (Kiple), 8
- Moveable Feasts: The History, Science, and Lore of Food* (McNamee), 8
- “MyPlate” (USDA), 114
- Myrick, Richard, 25
- N**
- National Farm to School Network, 112
- National Geographic, 34, 51
- National Institute of Allergy and Infectious Diseases (NIAID), 12, 112
- National Institutes of Health, 88
- National Network of Libraries of Medicine (NNLM), 112, 113
- National Research Center, 37
- Native Americans, 69–73
- Nestle, Marion, 16
- Never Out of Season: How Having the Food We Want When We Want It Threatens Our Food Supply and Our Future* (Dunn), 16
- A New Napa Cuisine* (Koslow), 64
- New Policeman* (Thompson), 83
- newsletters, 64
- NIAID (National Institute of Allergy and Infectious Diseases), 12, 112
- NNLM (National Network of Libraries of Medicine), 112, 113
- No Half Measures: A Life in Wine, Food and Travel* (Benson), 25
- no-food policy, 39
- Northern Onondaga Public Library, 15
- Nosrat, Samin, 8
- The Nourishing Traditions Cookbook for Children: Teaching Children to Cook the Nourishing Traditions Way* (Gross et al.), 42
- “Nutrition and Disease” (edX), 110
- nutrition literacy, 6
- nutrition topics, 100–101
- O**
- objectives, 30
- O’Connell, Libby, 34
- Of Course You Know That Chocolate Is a Vegetable and Other Stories* (D’Amato), 58
- Office of Disease Prevention and Health Promotion (DPHP), 113
- The Official Narnia Cookbook: Food from the Chronicles of Narnia by C. S. Lewis* (Gresham), 78
- ofrendas* (remembrance altars), 56

- Ohio State University Extension Office, Holmes County, Ohio, 54
- Olmsted, Larry, 16
- The Omnivore's Dilemma: A Natural History of Four Meals* (Pollan), 8
- On Food and Cooking: The Science and Lore of the Kitchen* (McGee), 8
- On the Table exhibition, 68–69
- 1,000 Foods to Eat before You Die: A Food Lover's Life List* (Sheraton), 51
- “Online Cookbooks and Other Culinary Materials: Sources” (Bertlesen), 109
- Oseland, Chris-Rachel, 78
- Oseland, James, 51
- Ottawa Public Library, 9
- Outlander Kitchen: The Official Outlander Companion Cookbook* (Carle-Sanders), 78
- oven, 75
- P**
- Paleolithic diet, 18
- parents
 - Cooking with the Kids program and, 85–87
 - Eat Play Grow program and, 89
 - as volunteers in Edible Education Garden, 81
- Parker Memorial Library, Dracut, Massachusetts, 47–49
- Parker-Mittal, Carol, 49–51
- participants
 - in Eat Play Grow program, 89
 - in food literacy program, 40
- Patagonia, 13
- pâtissier* (pastry chef), 24
- Patterson, Daymon, 34
- PBS, 41
- Pearson, Wendy, 61–62, 116
- Perelman, Deb, 64
- Perry, Morgan, 90–94
- Philadelphia Free Public Library, 7–8
- Philips, Alan, 25
- Phillips, Ethan, 78
- Pikes Peak Library District, Colorado Springs, Colorado
 - Mobile Kitchen, 77, 79–80
 - seed library, 8–9
- pizza waffles, 76
- plan
 - action plan, 37
 - Community Food Assessment: Work Plan Template, 106–107
 - work plan for community food assessment, 33–34
- planning and management domain
 - components of/application examples, 5
 - of International Edible Books Day, 50
 - subcategories within, 4
- Plants vs. Meats: The Health, History, and Ethics of What We Eat* (Hughes), 16
- Plevak, Linda, 49–51, 116
- poissonier* (fish cook), 24
- Pollan, Michael
 - Cooked: A Natural History of Transformation*, 8
 - In Defense of Food: An Eater's Manifesto*, 16
 - The Omnivore's Dilemma: A Natural History of Four Meals*, 8
- potager* (stocks, soups, and stews cook), 24
- POTATO Club, 74
- potlucks, 61–62
- PPL (Providence Public Library), 68–69
- preparation domain, 4, 5
- presenter
 - for Backyard Chicken Basics program, 48
 - for Getting Started with Your Instant Pot program, 54
 - for Recipe Club, 66, 67
- Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up* (Katzen), 42
- primary data
 - of community food assessment, 32–33
 - community food assessment, conducting, 35–36
- Princeton University Library, 113
- prizes, 50, 51
- programs
 - Backyard Chicken Basics program, 47–49
 - Cake Decorating for Teens, 54–55
 - Cookbook Club at Storrs Library, 61–62
 - Cooking the Books, 63–65
 - Cooking with the Kids, 85–87
 - Cupcake Wars program, 52–53
 - Death by Chocolate program, 57–58, 59–60
 - Dia de los Muertos Community Altar program, 55–56
 - Eat Play Grow, 88–89
 - Edible Education Garden, 80–82
 - fandom cookbooks, 78
 - Food ED, 90–94
 - International Edible Book Day, 49–51
 - Mobile Kitchen, 77, 79–80
 - Recipe Club, 65–67
 - On the Table exhibition, 68–69
 - Teen Bacon Club, 73–77
 - Teen Cooking Classes, 69–73

- Teen Maker Club, 82–85
 - Your Baking Club Checklist, 71
 - promotion
 - of Eat Play Grow program, 89
 - of International Edible Books Day, 50
 - of A la Rhody, 69
 - “The Proof Is in the Pudding”
 - house specials, 61–94
 - overview of, xii
 - short orders, 47–60
 - “pro-tips,” 83
 - Providence Public Library (PPL), 68–69
 - Public Libraries* (magazine), x
- Q**
- quality of food, 4
 - quality outcomes, 4–5
 - questionnaires, 36, 103
 - questions
 - about library food literacy program, 39–40
 - for assessment of readiness for community food assessment, 29–31
 - for community food assessment, 31–32
 - for community food assessment work plan, 33–34
 - Quinn, Sue, 51
- R**
- Ratio: The Simple Codes behind the Craft of Everyday Cooking* (Ruhlman), 8
 - readiness
 - for community food assessment, 29–31
 - Community Food Assessment: Readiness Questionnaire, 103
 - reading, 49–51
 - Real Food/Fake Food: Why You Don’t Know What You’re Eating and What You Can Do about It* (Olmsted), 16
 - Rebuilding the Foodshed: How to Create Local, Sustainable, and Secure Food Systems* (Ackerman-Leist), 16
 - Recipe Club, 65–67
 - Recipe for Success: An Insider’s Guide to Bringing Your Natural Good to Market* (Steinberg), 25
 - recipes
 - Cookbook Club at Storrs Library and, 62
 - in *Cooking the Books*, 64
 - reading, 75
 - Recipe Club, 65–67
 - for Teen Baking Club, 74, 75–76
 - in Teen Maker Club, 84
 - recruiting, 34
 - Reeder, Cassandra, 78
 - “regularity,” 14
 - Reichl, Ruth, 51, 64
 - related terms
 - See terminology
 - relief cook, 23
 - religion-based diets, 18
 - report, 37
 - resources
 - on business of food, 25
 - for community food assessment, 31, 36
 - cookbooks for kids, 42
 - fandom cookbooks, 78
 - foodie websites/apps for kids, 41
 - hot topics in food, 16
 - road-trip inspired books, 34
 - on science/sociology of food, 8
 - sharing with Food ED, 91–94
 - travel memoir/world food culture collection, 51
 - work plan for community food assessment, 33
 - See also appendixes
 - restaurant cookbooks, 64–65
 - results, of community food assessment, 31
 - Rhode Island, 68–69
 - Richard Salter Storrs Library, Longmeadow, Massachusetts, 61–62
 - Richmond Public Library, California, 8
 - “right to food,” 14
 - right-to-farm community, 47, 48
 - Ripert, Eric, 64
 - Roach, Mary, 8
 - Roadfood, 10th Edition: An Eaters Guide to More than 1,000 of the Best Local Hot Spots and Hidden Gems across America* (Stern), 34
 - road-trip inspired books, 34
 - Rockridge University Press, 78
 - roles, 24–26
 - Roman, Alison, 64
 - roosters, 48
 - Roth, Ruby, 42
 - rotisseur* (roast chef), 24
 - Ruhlman, Michael, 8
 - Running a Food Truck for Dummies* (Myrick), 25
 - Russell, Harriet, 42
- S**
- safety
 - in *Cooking with the Kids* program, 86–87
 - in food literacy program, 40, 43
 - in mobile kitchen, 80

- safety (*cont.*)
- in Teen Baking Club, 76
 - in Teen Cooking Classes, 72, 73
- Saint Mary's Hall, San Antonio, Texas, 49–51
- Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking* (Nosrat), 8
- Samuelsson, Marcus, 64
- sanitation, 40, 80
- See also* hygiene
- saucier (sauté chef), 24
- Saul, Nick, 16
- Save Me the Plums* (Reichl), 51
- Scarpetta (restaurant), 65
- Schloesser, Melissa
- information about, 117
 - on Mobile Kitchen, 77, 79–80
- science, 8
- “Science and Cooking: From Haute Cuisine to Soft Matter Science” (edX), 111
- “The Science and Politics of the GMO” (edX), 111
- Score with the Wind: Cakes and Bakes with a Literary Twist* (Sponge), 69
- SCORE mentors, 92–93
- secondary data, 33, 35
- security
- See* food security
- seed libraries, 8–9
- Seeds of Resistance: The Fight to Save Our Food Supply* (Shapiro), 16
- selection domain, 4, 5
- self-awareness, 5
- ServeSafe, 40
- Seven Generations Ahead, 113
- Shaker Heights Public Library, Ohio, 54–55
- Shapiro, Mark, 16
- Shapiro, Paul, 16
- sharing, 37
- Sheldon, Brian, 8
- Sheraton, Mimi, 51
- short orders
- Backyard Chicken Basics program, 47–49
 - Cake Decorating for Teens, 54–55
 - Cupcake Wars program, 52–53
 - Death by Chocolate program, 57–58, 59–60
 - description of, xii
 - Día de los Muertos Community Altar program, 55–56
 - Getting Started with Your Instant Pot program, 53–54
 - International Edible Book Day, 49–51
 - travel memoir/world food culture collection, 51
- short-order cook, 23
- Sigle, Kim Christiansen, 80–82, 116
- The Silver Spoon for Children: Favorite Italian Recipes* (Russell & Grant), 42
- Simpson, Abby, 77
- “16 Apps Preventing Food Waste” (Foodtank), 112
- small business program, 90–94
- A Smart Girl's Guide: Cooking: How to Make Food for Your Friends, Your Family and Yourself* (Daniels), 42
- The Smitten Kitchen Cookbook* (Perelman), 64
- smoothies, 71–72
- The Snacking Dead: A Parody in a Cookbook* (Walker), 78
- SNAP (Supplemental Nutrition Assistance Program), 114
- social eating, 5, 6
- social good, 7
- sociology, 8
- Somerset County Library System of New Jersey (SCLSNJ), 65–67
- sommelier, 23
- Sorting the Beef from the Bull: The Science of Food Fraud Forensics* (Evershed & Temple), 16
- sous chef* (second chef), 24
- space
- for Cooking with the Kids program, 86–87
 - for food literacy program, 40
- Spano, Nadine Buccilli, 85–87, 117
- Sponge, Miss Victoria, 69
- Square One Small Business Services, 90–94
- staff-led meetings, 66
- stakeholder interviews, 35
- stakeholders, 30, 31
- Star Trek Cookbook* (Phillips), 78
- Start Your Own Food Truck Business: Cart Trailer Kiosk Standard and Gourmet Trucks Mobile Catering Bustaurant* (Entrepreneur Media), 25
- Start Your Own Specialty Food Business: Your Step-by-Step Startup Guide to Success* (Entrepreneur Media), 25
- State Library of Ohio, 88
- “The State of Food Security and Nutrition in the World” (FAO), 111
- Steinberg, Abigail, 25
- Stern, Jane, 34
- Stilwell Public Library Friends Society, 70
- Stilwell Public Library, Oklahoma, 69–73
- Stoeger, Melissa Brackney, 97
- The Stop: How the Fight for Good Food Transformed a Community and Inspired a Movement* (Saul & Curtis), 16

stories, 63
 Stradal, J. Ryan, 64
 Stuart, Tristram, 16
 students, 80–82
 subject experts, 31
 subject lists, 97–98
Such Devoted Sisters (Goudge), 58
 Supplemental Nutrition Assistance Program (SNAP), 114
 supplies
 for Eat Play Grow program, 88
 for mobile kitchen, 79–80
 for Teen Baking Club, 75
 for Teen Maker Club, 83–84
 surveys, 36
 Sushi Singularity, 17
 “Sustainable Food Security” (edX), 111
 swing cook, 23

T

TAB (teen advisory board), 74
 table exhibition, 68–69
 TAG (teen advisory group), 83
 “Take the Cake”
 community food assessment, 29–37
 food literacy quick-start guide, 39–44
 overview of, xi
 Taranto, Nick, 16
Target: Zero Hunger (UNFAO podcast), 111
 Tashjian, Karisa, 68–69, 117
 teachers, 49–51
 team
 for community food assessment, 31, 35–37
 in Cupcake Wars program, 52–53
 work plan for community food assessment, 33–34
 technical school, 21–22
 teen advisory board (TAB), 74
 teen advisory group (TAG), 83
 Teen Bacon Club, 73–77
 Teen Baking Club, 73–77
 Teen Cooking Classes, 69–73
 Teen Maker Club, 82–85
 teens
 Cake Decorating for Teens, 54–55
 Ramen Iron Chef program for, 59–60
 Teen Bacon Club, 73–77
 Teen Cooking Classes, 69–73
 Teen Maker Club, 82–85
 Teigen, Chrissy, 64
 Temple, Lou, 58
 Temple, Nicola, 16

Tenafly Public Library, New Jersey, 52–53
 terminology
 of culinary arts, 23
 of food ethics, 13
 of food insecurity, 14
 of food issues, 11
32 Yolks (Ripert), 64
This Is My Food—Nutrition for Kids (urban pockets), 41
 Thompson, Kate, 83
 Thurairatnam, Christina, 53–54, 117
The Tickle Fingers Toddler Cookbook: Hands-On Fun in the Kitchen for 1 To 4s (Woolmer), 42
 Tiger Food Exchange, 9
 time line, 33
 tips, 50, 83
 Toca Kitchen (Toca Boca), 41
The Toddler Cookbook (Karmel), 42
 Tomsu, Lindsey, 73–77, 117
 tools
 for community food assessment, 103–107
 interactive websites, tool kits, and MOOCS, 109–114
 See also kitchen equipment
 training, 21–22
 Transfertation, 19
 travel memoirs, 51
Try This: Traveling the Globe without Leaving the Table (Freeman), 51
 twist, 52

U

Unbroken Ground (Patagonia documentary), 13
 United Nations
 on food security, 14
 UNFAO, 111
 World Food Programme, 41
 University of Wisconsin-Madison’s Safe and Healthy Food Pantries Project, 37
The Unofficial Downton Abbey Cookbook, Revised Edition: From Lady Mary’s Crab Canapes to Daisy’s Mouse Au Chocolat—More than 150 Recipes from Upstairs and Downstairs (Baines), 78
The Unofficial Harry Potter Cookbook: From Cauldron Cakes to Knickerbocker Glory—More than 150 Magical Recipes for Wizards and Nonwizards Alike (Bucholz), 78
The Unofficial Recipes of the Hunger Games: 187 Recipes Inspired by the Hunger Games, Catching Fire, and Mockingjay (Rockridge University Press), 78

Unsavoury Truth: How Food Companies Skew the Science of What We Eat (Nestle), 16
 urbn pockets, 41
 U.S. Department of Agriculture (USDA)
 on food deserts, 14–15
 research tools from, 35
 Survey Tools website, 36
 tool kits from, 113
 website resources of, 114

V

values, 12–13
 vegan diet, 18
 “Veganism: Eating Consciously and Compassionately” (McLaurin), 112
 vegetables, 80–82
 vegetarian diet, 18, 87
 Vidgen, Helen, 3–4
 Vitamix blender, 80
 Vnuk, Rebecca, 97
 vocabulary
 See terminology
 volunteers
 for community food assessment, 34
 in Edible Education Garden, 81, 82

W

waiter, 26
 Walker, D. B., 78
The Walking Dead: The Official Cookbook and Survival Guide (Wilson), 78
 Walsh, Alison, 69
 Warren Township Branch of Somerset County Library System, 65–67
 waste, 18–19
Waste: Uncovering the Global Food Scandal (Stuart), 16
 water, 17
 Watson, Jené, 55–56
 Weber, David, 25
 websites
 foodie websites/apps for kids, 41
 interactive websites, tool kits, MOOCS, 109–114

WebstaurantStore, 114
The Weeding Handbook: A Shelf-by-Shelf Guide (Vnuk), 97
 well-being, 12–13
 Wenger, Shaunda, 69
 West Boca Branch of Palm Beach County Library System, Boca Raton, Florida, 63–65
 Western meals/menu categories, 102
What to Eat? report (Canada), 6
 “What’s Cooking in Your Food System?: A Guide to Community Food Assessment” (Community Food Security Coalition), 36
 “Where Can I Use SNAP EBT?” (USDA), 114
 Wilson, Lauren, 78
The Wizard’s Cookbook: Magical Recipes Inspired by Harry Potter, Merlin, The Wizard of Oz, and More (Beaupommier), 78
 Wolf, Erik, 25
Wookie Cookies: A Star Wars Cookbook (Davis), 78
 Woolmer, Annabel, 42
 work plan
 Community Food Assessment: Work Plan Template, 106–107
 creation of, 33–34
The World Atlas of Street Food (Quinn), 51
 world cuisines, 101
World of Warcraft: The Official Cookbook. (Monroe-Cassel), 78
 Wrandman, Richard, 8
 Wyszak, Susie, 25

Y

Yes, Chef (Samuelsson), 64
The Young Chef: Recipes and Techniques for Kids Who Love to Cook (Culinary Institute of America), 42
 Your Baking Club Checklist, 71
 Yummiloo app, 41

Z

“Zero Waste Schools Toolkit” (Seven Generations Ahead), 113