## HERE'S HOW WE'RE USING THE ATTHE TABLE GRA

TO SUPPORT FOOD LITERACY IN ASHBURNHAM

Massachusetts Libraries

BOARD OF LIBRARY COMMISSIONERS

Museum and Library

grant funds from

**SERVICES** 

We partnered with local nonprofit organization GROWING PLACES to offer a pioneering series of cooking workshops throughout 2024!

> Workshop attendees who register early also receive a FREE FOOD LITERACY LIBCRATE containing fresh seasonal produce, curated resources, coupons, recipes and related cookbooks!

check out a BAG
check out a BA

**NEW** 

**KITCHEN** 

& GARDENING

ITEMS ADDED TO

**OUR POPULAR** 

LIBRARY OF

**THINGS** 

THE COMPLETE **IBS Diet Plan** 

EVERYTHING.

EASY

PRE-DIABETES COOKBOOK

**OVER SIXTY NEW FOOD &** TITLES ADDED TO OUR COLLECTION

We've carefully selected dozens of up-to-date titles to ensure that everyone in our community can find the right resources for their unique dietary needs on our shelves while prioritizing titles that support building healthy relationships with food and your body image.

We worked together with Ashburnham's own Breezy Hill Farm and local craftsman Charlie McConologue to create a space for

ACCESSIBLE COMMUNITY GARDENING!

**NEW** COMMUNITY **GARDENING SPACE** 



**INNOVATIVE** 

**INITIATIVES** 

TO MAKE

**HEALTHY FOOD** 

**ACCESSIBLE** 

our new

PASTA

MACHINE!

**Eating Health on** a Budget

FEB 29 & APR 25 2024



Composting 101 & 102

**MAY 4 2024** 



**Chocolate Talk** & Tasting

**DEC 9 2023** 



Sourdough Starter Workshop

**MAR 7 2024** 



Low FODMAP for IBS

JUN 22 2024



Pizza Talk

FEB 12024



**TONS OF** 

FOOD &

**GARDENING** 

**PROGRAMS** 

**Basic Hydroponics** 

RECURRING



**Gardening Series** 

AUG 24 2024



**Picklemania** 

THIS IS JUST A FRACTION OF OUR FOOD LITERACY PROGRAMMING! **CHECK OUR WEB CALENDAR FOR MORE!** 

**MORE ABOUT THE GRANT** 

Last year, the Library secured a \$20,000 At the Table grant funded by the Institute of Museum and Library Services and the Massachusetts Board of Library Commissioners to support programming, initiatives and other offerings that promote food literacy. Food literacy is an understanding of the impact of your food choices on your health, the environment and the economy.