

In It Together





About Mason Square

Community Garden



Community Garden



Community Garden



Jay Griffin, Program
Chairman of the Stone
Soul Festival

Community Garden



Community Garden



Community Garden

Community Garden Meeting

Come by and help plan the garden!
Meet your neighbors and other gardeners!

You don't have to be a gardener to enjoy
the space, new gardeners welcome!

DATE: Wednesday, April 22nd

TIME: 5 PM

LOCATION: At the garden, 233 Tyler Street

DETAILS: The meeting is rain or shine. Please
come prepared to work! Light refreshments will
be provided.



Community Garden

Mason Square Library
Springfield Food Policy Council
AIC's School of Public Health
Baystate Health
Springfield Parks Dept.

Community Garden

The Mason Square Branch Library and its partners seek to foster an environment of health-conscious, community oriented, and sustainable living by simultaneously constructing a set of community garden plots; developing on-site seed and tool lending libraries; orchestrating an on-going series of gardening, health, and nutrition-focused workshops and activities for both children and adults; and outfitting a safe park space to be enjoyed by all local residents.

Community Garden



Community Garden

Questions?

Tasty Tuesday

Tasty Tuesdays at Mason Square Youth Nutrition Workshops

Children and their families...

- Develop awareness of nutrition
- Learn to prepare healthy snacks
- Explore cultural cuisines
- Read recipes
- Practice measuring
- Follow directions

Funded through a grant from the National Library of Medicine

Mason Square Health Task Force

Vegan Community Cookbook

Recipes for Everyone

Guacamole

Serves 4, 1/4 cup per serving

Ingredients:

- 2 medium, ripe avocados
- 1 medium lime
- 1 clove garlic
- 1/4 cup fresh cilantro

Directions:

1. Peel garlic clove, slice cilantro and pluck leaves from stem.
2. Rinse lime and cut in half. In a medium bowl, squeeze juice from each half and remove seeds.
3. Peel garlic and chop.
4. Cut avocados in half. Remove pits. Using a large spoon, scoop out flesh and add to bowl with lime juice.
5. Add garlic to avocado. Mash well with a fork.
6. Add garlic cilantro. Stir well.
7. Serve with chips.

Smoothies

Serves 2, 1 cup per serving

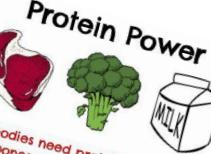
Ingredients:

- 1 cup lowfat plain yogurt
- 1/2 cup frozen berries
- 1/2 cup milk
- 1 teaspoon honey
- 1/2 cup ice cubes

Directions:

1. Place berries in blender.
2. Add remaining ingredients on top of berries.
3. Replace cover and blend until smooth.

"To" try substituting banana and peanut butter for the berries and honey for another healthy treat.



Our bodies need protein to build and maintain bones, muscles, organs, and skin. We get proteins in our diet from meat, dairy products, nuts, and certain grains, beans, and vegetables.

Protein Source	Amount	Protein (g)
Lean beef, pork or poultry*	3 oz	18-20
Nuts	1 cup	10
Milk	1 cup	8
Traditional yogurt	1 container (6 oz)	7-8
Eggs	1 each	6

Each day, kids need to eat about a gram of protein for every 2 pounds they weigh. To figure out your protein needs, just take your weight and divide by 2. For instance, if you weigh 100 pounds, it is recommended you get 50 grams of protein a day.

All values are from USDA National Nutrient Database for Standard Reference 2012: <http://nrd.nal.usda.gov>. "Value shown is the average of different types of that food item (e.g., "lean beef" is the average of round roast, top round and top sirloin.)

Tasty Tuesday

American International College
Springfield City Library Volunteers
Mason Square Health Task Force
Martin Luther King Jr Family Services
Deberry Elementary School
National Library of Medicine

Tasty Tuesday



Funding Partners





Community Partners





Take Away

Always Be Advocating

Passion Attracts Passion

**If you want to go fast, go alone.
If you want to go far, go together.**

Momentum is easily lost. It takes consistent, active involvement to keep partners motivated and involved.

Failure happens—take a step back, reevaluate and get creative. There's always another way.

As projects evolve, so do the roles of its partners.

Questions?



Think about your community



Potential Community Partners

Non-profits

Social Services Organizations

Local Non-Profits

Community & Arts Organizations

Religious Institutions

Clubs & Neighborhood Assoc.

Educational Organizations

For-profits

Media Organizations

Health Organizations

Banks

Car Dealerships

Local Businesses

Co-working spaces

Stakeholders

Library Board

Trustees

Friends of the Library

Key Patrons & Donors

Community Leaders

State/City/ Town Officials

Group Activity (10 minutes)

Break into groups of 4 or 5 people.

Read the profile page that your group is assigned.

Formulate a program or services for this target population.

Focus on community partnerships when filling out the initiative plan template.

Initiative Plan Template

Library Name:

Initiative Name:

What:

What are the key activities of this program/service?

What are you offering your patrons that they value?

Key Partners and Their Role:

Which community orgs could you partner with?

What role will they play?

What will they provide? (Staff, \$, other)

Location:

At the library?

Off site at partner property?

Schedule:

On-going or one time?

Who and How

Who is this program/service for?

How will you meet your target's needs?

Resources Required:

Supplies, etc.

Possible Funding Sources:

Library, grants, sponsors, other.

Teens



Bri and Daisy are in 10th grade at a local charter school. They spend all their free time on their phones.

- Looking to connect with others with similar interest.
- Have social connections and meet new people.
- Have a sense of community in their life.

New Families



Daniella and Richard have a beautiful new baby boy. This is their first child and none of their friends have children yet. Their parents don't live close by.

- Looking to share with and learn from others that share their life situation.
- Share interests, knowledge and information.
- Get support.

Children



Jeremy is 9 years old and is homeschooled. Bella is 7 and goes to the public school across the street from the library. They both love watching youtube and goofing around.

- Looking for social enrichment.
- Have fun.
- Share interests.

Job Seekers and Recent Grads



Carmen, David, Anita, and Jess moved back home after completing their college degrees. No one has a job yet.

- Looking to network and build circle and contacts.
- Share with and learn from others that share my life situation.
- Get support.

Senior Citizens



Joe retired a few years ago after 35 years of teaching in city schools. Barbara recently retired from working in HR. They love spending time with their grandchildren but they live 3 hours away.

- Looking to connect with others with similar interest.
- Social connections.
- Make meaningful connections and conversation.

Newcomers



Warren just moved to your city from New York a month ago. He is staying with his aunt until he can find a place to live. He has a part time job as a chef at a local restaurant.

- New to the community.
- Looking to better know and understand the community, place, people, and how it works.
- Have a sense of belonging.

Contact Info



Caitlin Kelley

ckelley@springfieldlibrary.org

Ellen Sulzycki

esulzycki@springfieldlibrary.org