

# In It Together





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# About Mason Square

# **Community Garden**



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# Community Garden



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# Community Garden



Jay Griffin, Program  
Chairman of the Stone  
Soul Festival

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**Community Garden**



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# Community Garden





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# Community Garden



# Community Garden Meeting

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.

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!



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## Community Garden

Mason Square Library

Springfield Food Policy Council

AIC's School of Public Health

Baystate Health

Springfield Parks Dept.

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**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.

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## **Community Garden**



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# Community Garden

Questions?

**Tasty Tuesday**



# Tasty Tuesdays at Mason Square Youth Nutrition Workshops

## Children and their families...

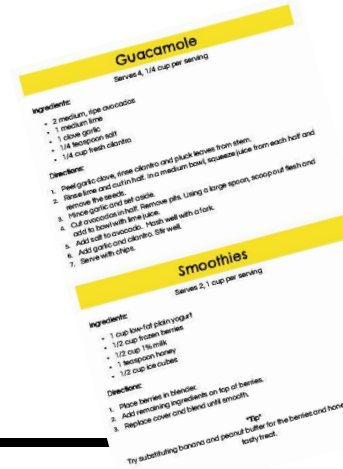
- Develop awareness of nutrition
- Learn to prepare healthy snacks
- Explore cultural cuisines
- Read recipes
- Practice measuring
- Follow directions

Funded through a grant from the National Library of Medicine

Mason Square Health Task Force

## Vegan Community Cookbook

Recipes for Everyone



## Protein Power

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
Milk	1/2 cup	10
Traditional yogurt	1 cup	8
Eggs	1 container (6 egg)	2-8
	1 each	6

All values are from USDA National Nutrient Database for Standard Reference 2011:  
<http://ndb.nal.usda.gov>.  
\*Value shown is the average of different cuts/types of that food item (e.g., "lean beef" is steaks.)

Each day, kids need to eat about a gram of protein for every 2 pounds of their weight. 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.

# 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

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**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?

## Who and How

Who is this program/service for?  
How will you meet your target's needs?

## 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?

## 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



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