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Library program helps children grow



Levy County Public Library Youth Services Coordinator Jenny Rodgers strikes a pose so that a camera can be focused for a video.

Story, Photos and Video

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YANKEETOWN – The fourth of five public libraries visited this week in Levy County as part of the Build A Better World – Summer Reading Program – was the A.F. Knotts Public Library in Yankeetown on Thursday (July 13).

Levy County Public Library Youth Services Coordinator Jenny Rodgers and Assistant Jennifer Becker were joined by Katie Trimm, a program assistant with the University of Florida's Institute of Food and Agricultural Sciences Family Nutrition Program for Dixie, Gilchrist and Levy counties.

The program this week is Build A Better World – Eat Healthy!

As it does each summer, the Levy County Public Library System helps children grow intellectually. The program offers fun, positive lessons to benefit them now and as they go into their future.

SEE VIDE LINK ABOVE

Jenny Rodgers opens the program with a magic trick with help from Assistant Jennifer Becker.

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Katie Trimm, a program assistant with the University of Florida's Institute of Food and Agricultural Sciences Family Nutrition Program for Dixie, Gilchrist and Levy counties, holds a bookmark that was among the items children took home after the program Thursday morning in Yankeetown. Here she is starting her presentation about healthy food. That included gardening tips later in the morning.

The programs always start at 10 a.m. There is an advertisement on the right side of the Calendar Page to see which libraries are visited on which days, and the titles for the programs.

Next week, it will be Build A Better World – Vote!

The children in Yankeetown enjoyed magic tricks by Public Library Youth Services Coordinator Rodgers at the beginning and end of the program on Thursday.

In the first magic trick, Rodgers put paper in a metal pot held by Assistant Becker. Trimm gave Becker oven mitts because she has seen the program before.

Rodgers tore up paper, added lighter fluid and then lit it. She quickly extinguished the blaze by putting a lid on the pot and suffocating the fire.

The trick was supposed to produce a library card.

Instead, the pot was full of raw carrots. Rodgers credited Trimm with that magic – replacing the magic library card with magic carrots.

After the trick, Trimm read the children a story.

She talked about the different food groups – fruits, vegetables, greens, proteins and dairy.

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Trimm focused on healthy foods, and gardening to grow what can be eaten after it is harvested.

Participants enjoyed opportunities to color a placemat; paint a sun catcher; accept a free water bottle – with a seed pocket to grow basil, parsley and chives; and they enjoyed making a wizard hat as well.

At the end, Rodgers performed another magic trick.

Beyond the learning and the crafts, the children were given a free lunch of ham and cheese sandwiches; Cheetos puffed chips; baby carrots and ranch tomatoes with ranch dressing; orange juice and a choice of milk or chocolate milk.

Trimm gave the children a snack of orange-glazed carrots, and they were given the recipe to make it at home.

On Friday morning (July 14), the event repeated at Luther Callaway Public Library in Chiefland, although sometimes there are variations on the lunches.

The free lunches are thanks to a partnership between the Levy County School Board and the Levy County Public Library System. This week's program about growing food, the healthy snack and recipe to make it, is from the help of UF IFAS Program Assistant Trimm, who serves as a part of the state's Extension Service – especially in Levy, Dixie and Gilchrist counties.