
Planting the Seeds of Health Literacy





Ellen Sulzycki is the Children's Services Supervisor for Springfield City Library and previously a Reference Librarian at Mason Square Branch Library. She loves to share ideas about learning and creating. Ms. Sulzycki has a BA in Art History from UMass Amherst and a MS in Library and Information Sciences from Simmons University. A Western Massachusetts native, she has been working with youth in libraries since 2013.



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Community Partners



MARTIN LUTHER KING, JR.
family services

Community centered. Spirit inspired.



MASON HEALTH
SQUARE TASK
FORCE

The Heart of a Healthier Community



Health In The Square

- **Training for Librarians**
- **Nutrition Workshops**
- **Gardening Workshops**

Health Resources Training



Margot Malachowski

- Former Outreach Librarian for Baystate Medical Center
- Education and Outreach Coordinator National Network of Libraries of Medicine, New England Region

- Best practices for health reference services
- How to access reliable health data
- How to locate primary care providers
- The use of national health databases



National Center for
Complementary and
Integrative Health

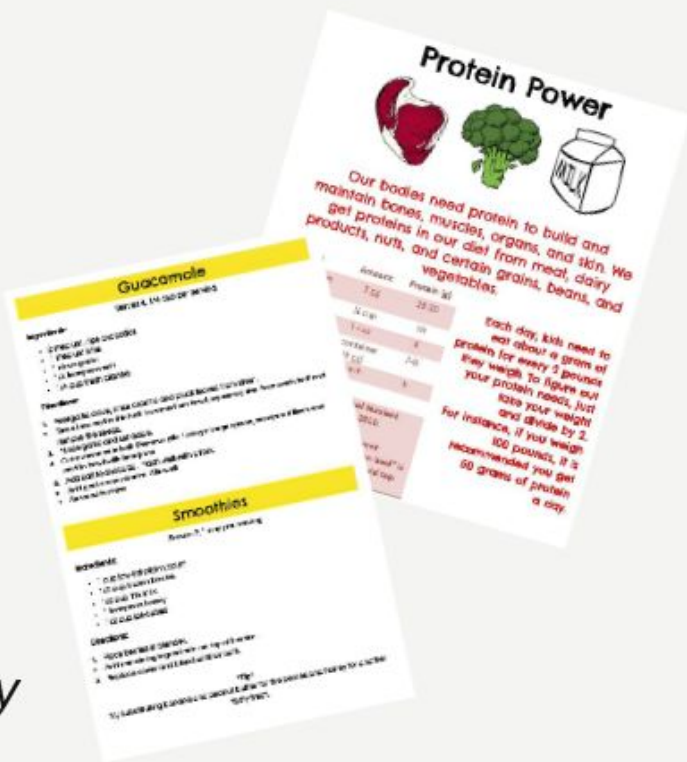
Youth Nutrition Workshops

Tasty Tuesdays at Mason Square

Children and their families...

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

American International College Public Health Interns and Springfield City Library Volunteers helped out at each program.



Adult Nutrition Classes

Local chefs present on nutrition topics affecting our community supplemented with information from Medline Plus.

Topics:

- Healthy and Allergen Free Baking
- Focusing on Diabetes Diet
- GMO Foods



Gardening Workshops

Springfield Food Policy Council leads gardening workshops at both the Mason Square Branch Library and at additional community garden locations in the City of Springfield.

Previous Workshops:

- Garden Planning
- Growing Greens Indoors
- Soil Health and Soil Testing
- Container Gardening
- Basic Garden Maintenance
- Seed Saving



Health In The Square



questions?
