Feeding Minds and Bodies at the Library was a Hunger Free Kids workshop which featured the latest in an array of strategies employed by the Hunger Free Kids Task Force, and supported by San Diego Hunger Coalition, to keep children properly nourished and engaged. Libraries across the U.S. are providing meals alongside their summer, afterschool, and weekend enrichment programming. This 90-minute workshop, presented twice on March 18, 2019 in Central and North County San Diego, provided insights and real-life examples of how to serve meals at local libraries, and how doing so can increase participation in library activities and improve children's health and academic performance.

Central Panel: (front to back) Kristin Ward, Mark Mendoza, Brenda Monzon, Susan Salinas Ramos, Vanessa Barnik, Patrice Chamberlain, Trish Garone

North Panel: (Left to Right) Naomi Shadwell, Brenda Monzon, Orquidia Contreras, Susan Salinas-Ramos, Lisa Ferneau-Haynes, Maddy Moritsch

Watch the recorded livestream: bit.ly/mind-body-central

“Libraries are usually really challenging organizations to reach out to for summer and supper meals due to all the perceived barriers. Talking about it during the workshop with other library staff does make a difference!”

- Naomi Shadwell, MS, RDN, Director of Nutrition Services

Oceanside Unified School District

San Diego County Credit Union

San Ysidro School District

Vista Community Clinic

YMCA

Featured Speakers

California Library Association Speakers:

Patrice Chamberlain, MPH, Program Consultant, Lunch at the Library

Trish Garone, Program Manager, Lunch at the Library

College-Rolando Library Panel:

(top photo)

Kristin Ward, San Diego County Library

Vanessa Barnik, Kitchens for Good

Mark Mendoza, Cajon Valley School District

Brenda Monzon, San Diego Public Library

Susan Salinas-Ramos, SD Public Library

Oceanside Public Library Panel:

(bottom photo)

Lisa Ferneau-Haynes, Oceanside Public Library

Maddy Moritsch, Feeding San Diego

Naomi Shadwell, Oceanside Unified School District

Orquidia Contreras, San Diego County Library, Vista Branch

Brenda Monzon, San Diego Public Library

Susan Salinas-Ramos, SD Public Library

1 in 5 kids
Don’t always have enough to eat.

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