

Final Report Outline for NN/LM Pacific NW Region Subcontracts and Outreach Awards

Please save as a Word document and submit as an email attachment to the appropriate NN/LM PNR staff contact.

COVER SHEET

Title of the Project:	Serving Up Resources for Healthy Eating
Name of Institution:	Friends of Port Townsend Public Library
Project Leader's Name:	Theresa Percy
Project Leader's Mailing Address:	1220 Lawrence Street Port Townsend, WA 98368
Project Leader's Email:	tpercy@cityofpt.us
Project Leader's Phone:	360-344-3054
Time Period Covered:	April 1, 2009 – March 31, 2010
Date Submitted:	May 27, 2010

NARRATIVE DESCRIPTION

1. Executive Summary: Summarize the project's major accomplishments.

Port Townsend Public Library is helping families and individuals learn about their choices for healthy eating. A colorful web site – www.HealthyEatingLibrary.org – points users to high quality informaton, such as [MedlinePlus](#), the [Healthwise Knowledgebase](#) via Group Health, and [ParentHelp123](#), a statewide resource that links parents to health care and food programs. The new web site offers lots of healthy eating resources, including the USDA's new nutrition.gov site as well as the latest research on how parents and communities can ensure healthier food choices for kids. And the library is "tweeting for healthy eating" at www.twitter.com/HE_LibLinx. The library partnered with Port Townsend's popular Food Co-Op to provide special programs, including a five part *Language of Food* series as well as workshops for finding quality health information online. *Serving Up Resources for Healthy Eating* will live on as one of the library's three core community outreach initiatives, along with "Help in Hard Times" employment support and a new grantseekers' resource center.

2. Geographic region/number of counties: List the geographic regions or all the counties that were impacted by the project.

City of Port Townsend, Jefferson County, Washington

3. Collaborations/Partnerships: Include names and types of organizations with which there was collaboration at any time during the project. Provide the current status of the partnerships, challenges encountered, and lessons learned.

The library's partner for this project is the Port Townsend Food Co-op. Because this collaboration was so successful, both organizations intend to continue to work together. The only challenges that arose had to do with specific strategies (mainly the online workshops; described in more detail in #12, below) rather than the partnership itself.

4. Training: *NOTE: If you haven't already done so, please complete a record of Training/Demonstration Sessions using the form at <http://nmlm.gov/evaluation/datacollection/ActivityInfo.pdf> and fax to your PNR staff contact at (206)543-2469. In this final report, provide a summary of the training events and participants:

Total # of sessions for the Project:	12__
Total # of sessions in which half or more of participants were from minority populations:	0__
Total # of participants for the Project:	135__

Breakdown of the count of participants by:

Health care or service provider, with a subtotal for public health personnel	9__
Health sciences library staff member	0__
Public/other library staff member	14__
Member of the general public	112__

5. Training sites: Provide a brief description of training sites.

Port Townsend Public Library: *The Language of Food: 5-part series presented by Food Co-op Outreach/Education Manager Brwyn Griffin. Online search workshops: 2 staff training sessions plus 2 public workshops; one focused on MedlinePlus/consumer resources and the other on PubMed.*

Port Townsend Food Co-op: *2 public workshops, one focused on MedlinePlus and other consumer resources; the other focused on PubMed.*

Jefferson Healthcare Hospital: 1 workshop for nursing and other staff on PubMed and MyNCBI.

6. Exhibits: List all the exhibits connected with the projects (if applicable). Include the meeting name, dates, location, estimated number of contacts made, demonstrations given and general impressions of success. *NOTE: If you haven't already done so for all exhibits, please complete an exhibit report found at <http://nmlm.gov/pnr/funding/ExhibitReportOutline09-12-02.doc> and submit with this report.

N/A

7. **Resource materials:** Provide a brief description of any materials that were developed for training or for promotion/marketing (include newspaper announcements, brochures, etc.). Include copies of materials developed. If web-based resources were developed, please provide the URL for the site where the materials are located. URLs for all web-based training materials should also be sent the National Training Center and Clearinghouse (NTCC) for inclusion in the Educational Clearinghouse (<http://nnlm.gov/train/>). Provide verification that this has been done or provide a date by which it is expected that URLs of web-based training materials will be sent to the NTCC's Educational Clearinghouse.

The project and the specific programs were promoted with news releases and flyers. All sessions were announced on both the Port Townsend Public Library and Food Co-op Web sites. Articles about the project appeared in the Friends of the Library newsletter and the City of Port Townsend monthly newsletter that is enclosed with utility bills (estimated reach: 4,500). A colorful project rack card was distributed at the library and Food Co-op, as well as at City Hall and other community venues. In addition, two topical brochures promoting library resources were created and distributed: the first—*A Harvest of One's Own*—focused on growing and preserving fruits and vegetables while the other highlighted resources especially for parents; 75 copies of the latter are being distributed to parents via the local WIC program. NNLM-produced brochures on MedlinePlus, PubMed, and MyNCBI were printed as handouts to supplement the online search workshops and PowerPoint slides with screen shots have been posted on the *Healthy Eating* Web site.

8. **Web sites:** Detail the current status of web sites created as part of the project. Include URL, plans for future maintenance, and impact.

One of the main deliverables for the project is a new Web site, *Serving Up Resources for Healthy Eating*, www.HealthyEatingLibrary.org. This site is independently hosted, but may eventually be folded into the library's official site, <http://www.cityofpt.us/library>. Project coordinator Carol Cahill will continue to make updates, with support from the Friends of the Library, at least for the remainder of 2010. Usage data are included in section 11, below. The library is also "tweeting for healthy eating" at www.twitter.com/HE_LibLinx. The Food Co-op links to the healthy eating site from its home page, www.foodcoop.coop.

Usage of the site increases each month (usage data are included below in #11).

9. **Document delivery and reference services:** If document delivery services and reference services were provided, please provide appropriate statistics.

N/A

10. Approaches and interventions used: Describe the specific steps or activities used in the following areas: identifying and scheduling sessions; promotion/marketing; training; personnel/staffing; web site development.

Training sessions: These included *The Language of Food* series on choosing, purchasing and preparing whole foods and organic foods, including how to interpret food labels. The curriculum was adapted from a more in-depth series by the Food Co-op outreach and education manager. She developed a set of PowerPoint slides that she is continuing to use at Co-op based sessions on the same topics. The evening programs took place over five weeks in fall 2009.

The online search workshops were developed by the project coordinator and took place during spring 2010. The consumer resources workshop featured three types of online resources: portals (MedlinePlus, healthfinder.gov), databases (Healthwise Knowledgebase, library databases such as Health Reference Center), and health and nutrition Web sites (.gov, .org, .edu). The second workshop, focusing on PubMed and MyNCBI, used personal and community interest topics as search examples, such as "gluten-free diet" and "school gardens OR community gardens." Each was offered on Saturday mornings at the library and Thursday evenings at the Co-op. A fifth session on PubMed/MyNCBI was scheduled for a weekday afternoon at the end of the day shift at the hospital.

Promotion/Marketing: The project coordinator, with assistance from a graphic artist, designed the logo for *Serving Up Resources for Healthy Eating*, using purchased vector images. The logo features the silhouette of young girl "serving up" a plate of fresh fruits and vegetables, and it mirrors incorporates design features of other library promotional materials. This graphic identity has been used for the Web site and all printed materials.

The overall project and individual programs were promoted via news releases to the local newspaper, as well as on the library and Co-op Web sites. Promotional flyers and resource lists were distributed at the library, the Co-op, and elsewhere in the community.

Personnel/staffing: Theresa Percy, library director, served as project lead, and Carol Cahill was project coordinator (under contract with the Friends of the Library). Graphic design and web development support were provided by two other consultants.

Web site development: A key component of the project was development of a Web site to point people to high quality online resources for information on healthy eating and health in general. For ease in set-up and maintenance, the site was built using a content management system, CMS Made Simple (www.cmsms.org). A local Web developer assisted with creation of the site and has provided technical assistance. Initially the site focused on health and nutrition information on the Internet, healthy eating resources in the community, and latest research on healthy eating. NLM resources are featured prominently on the home page. Over the course of the project pages were added for *The Language of Food* programs, resources related to the online workshops, and a page with resources especially for parents. The site also has a news feature, which announces local programs, new MedlinePlus resources, and other items such as State Librarian Jan Walsh's *Tastes of Washington* spring reading list.

11. Evaluation: How was the project evaluated? What results were achieved based on the objectives of the project?

Objectives for the project included increased staff confidence in using online health and nutrition resources, increased usage of the Web site during the project year, and improved consumer awareness of and confidence using high quality resources such as MedlinePlus. Planned evaluation methods included monitoring attendance at programs and workshops, a pre/post survey for attendees at online search workshops, tracking Web site usage, and an online survey of the general public, the latter of which was not implemented.

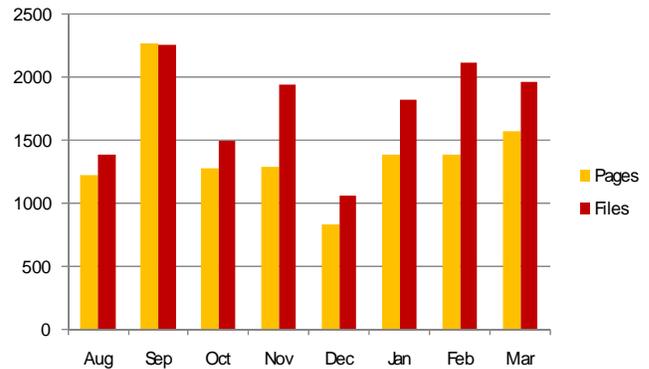
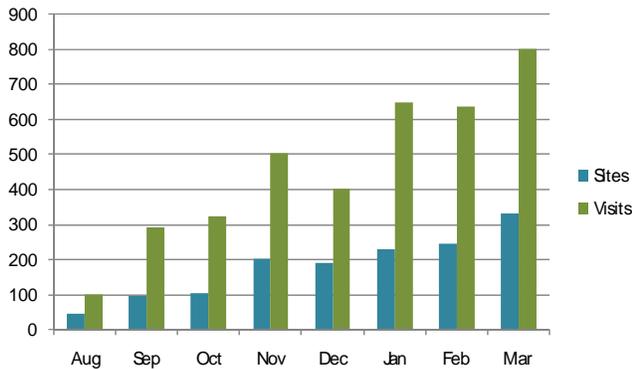
All library staff attended two workshops on online resources, one focused on consumer resources and the other on PubMed and MyNCBI. Staff members filled out pre/post surveys on Web sites they would consult first for health information; on the pre survey, most listed Google and commercial sites such as WebMD; on the post survey, most listed MedlinePlus, PubMed, and the Healthwise Knowledgebase; many were impressed with the healthy eating resources available via the federal government, such as healthfinder.gov, the USDA's MyPyramid.gov, and fruitsandveggiesmatter.gov from the CDC. A spot check of sources used to answer reference questions confirmed that reference staff are consulting NLM resources to help patrons.

The Food Co-op's *Language of Food* series was well attended; 25-30 people came for each of the evening presentations, and many attended all five. The popularity of this program was evident throughout the year. People who could not attend the workshops in person were able to view them on the local cable station, and DVDs of the TV broadcasts have been in constant circulation ever since. As one Co-op member remarked, "you guys don't realize how much you're going to change this community!"

The public online search workshops were very poorly attended (3 or fewer at each session), so it is not possible to report on large-scale changes in knowledge or attitudes. However, those who did attend noted they became aware of many resources and search capabilities that were new to them and that they intended to try them at home. All hospital staff attending the PubMed workshop indicated by a show of hands improved knowledge of PubMed and MyNCBI (there was not time to complete a written questionnaire). The Co-op Outreach/Education Manager did attend the consumer workshop and was excited about the resources featured and intended to share them at an in-service educational session.

In part because of low attendance at online search workshops, and in part because the city newsletter was not mailed until the last month of the project, the planned Web-based survey of the general public did not occur during the project year. Instead the library decided to do a survey later this year that includes questions about all three of the core community outreach initiatives (the Grant Resource Center was established as this project was wrapping up).

In the eight months between the launch of the Web site and the end of the project, the monthly number of hits (total requests to the server) increased 61%—well above the 50% target—and the total number of files (hits that returned data from the server) increased 41% (the number of hits is at least double the number of files, indicating a certain amount of repeat traffic. The number of sites (unique IP addresses making requests) increased dramatically, as did the number of visits (first-time requests for pages on the site). The monthly number of page views increased 28% over the eight months. Monthly Web trend data are displayed below.



Serving Up Resources for Healthy Eating Web site usage statistics Aug 2009-Mar 2010

12. Problems or barriers encountered: Provide details on problems encountered in the areas of promotion/marketing; training; equipment/telecommunications; personnel/staffing; and web site development.

Some of the challenges surrounded the building of a graphic identity for the project. The original design presented by the graphic artist was not acceptable, and the project coordinator developed an alternative that the designer helped with fine tuning. Staff who update the library’s official Web site have used free Web-based stock images to link to the project Web site or to promote programs, rather than using the images designed for the project.

There have been a few challenges with publicity for programs through the local newspaper. For example, the headline on the article about the online workshops was “Eating Workshops Served.”

The main challenge of this project—which is true of many programs that libraries offer—is that we’re often preaching to the converted. People who are well educated and already motivated to incorporate healthy behaviors in their lives are the ones who tend to show up to library programs; the challenge is reaching more vulnerable populations.

13. Continuation plans: Report on how you plan to continue the project. Will all or some of the project’s activities continue? Who will provide the funding and staffing to do so?

Serving Up Resources for Healthy Eating will be continued by the library as one of its three core community outreach initiatives, along with *Help in Hard Times* employment support and a new Foundation Center grantseekers’ resource center. Port Townsend Library offers several author events each year and one of the programs this fall will have an “eat local” theme; the library and Co-op are exploring jointly sponsored programs for 2011. For the remainder of 2010 the Web site will be maintained by the project coordinator (it is hosted by a local ISP), while the library plans for long-term hosting and maintenance. Support for programs will come from the Friends of the Library.

14. **Impact:** Include information on the perceived and actual impact of the project on the library, institution, or consortium. This can include the effect of the project on the library’s image, increased utilization of the library, etc.

Without doubt, the major impact of this project has been the building of the library’s partnership with the Food Co-op. Both partners have realized benefits from working together: the library (many of whose patrons are Co-op members) has increased its visibility and credibility as a community healthy eating resource. Co-op leaders in turn have a deeper appreciation of the depth of resources that the library offers, and the Co-op actively promotes *Serving Up Resources for Healthy Eating*.



Public health practitioners are aware that providing information by itself generally is not enough to effect behavior change. Because of the collaboration with the Food Co-op—a major force in healthy eating advocacy in the community—the library is positioned to be a partner in future initiatives. For example, one possibility with real potential to affect healthy eating practices is to work with the local WIC program to provide recipes and cooking instructions for WIC mothers. Another opportunity for community involvement is to support the local farm-to-schools school food improvement coalition that is gathering steam.

15. **Recommendations for improvement:** Include suggestions for alternative methods, training materials, promotional materials, etc.

In hindsight, the project could have incorporated different means to reach people and draw them into learning about online resources. Suggestions:

1. Incorporate “micro-workshops” —i.e. five-minute search technique nuggets—into topical programs.
2. Instead of promoting the workshop based on methods—MedlinePlus, PubMed—focus promotion on a specific topic or health concern, such as diabetes or cancer.
3. Take a train-the-trainer approach: present workshops to people who can spread the information to others (e.g., the Co-op education manager training staff in her department).
4. Serve food.

FOLLOW-UP QUESTIONS

If answers to the follow-up questions are contained elsewhere in your report, indicate where they are located.

<p>1. Were your original project goals and objectives met? If not, why not?</p> <p>Described above.</p>
<p>2. What significant lessons were learned which would be of interest or use to others conducting outreach projects? Which strategies were the most effective in implementing the project?</p> <p>For Web site development, a content management system works very well. It is easy to set up and update because it can be done from any Internet connection, with no need to FTP files.</p>
<p>3. If you were to start all over again, what, if anything, would you change about your goals, project plans, etc.?</p> <p>Establish specific objectives for engaging underserved individuals in the community, e.g. WIC/food stamp recipients or people with limited English.</p>
<p>4. What advice or recommendations would you give to anyone considering a similar outreach effort?</p> <p>If using a consultant with special expertise to implement a project, be sure and schedule opportunities for regular interaction with library staff to gather feedback, communicate progress, and generate enthusiasm that can be passed on to patrons.</p>
<p>5. Please describe plans for disseminating lessons learned and other information about the project, such as through a conference presentation or publication. In accordance with the NIH Public Access Policy (http://publicaccess.nih.gov), project directors are asked to submit voluntarily to the NIH manuscript submission (NIHMS) system (http://www.nihms.nih.gov) at PubMed Central (PMC) final manuscripts upon acceptance for publication.</p> <p>An article appeared in the NNLM/PNR blog "Dragonfly" on May 6, 2010. While there are no immediate plans for dissemination via conference/journal publication, the project could be featured in a broader article about the role of public libraries in public health (beyond the established role in promoting consumer health).</p>



Serving Up Resources for Healthy Eating

Port Townsend Public Library is serving up resources for healthy eating—timely and reliable information about health, nutrition, and healthy eating—for you and your family!

www.HealthyEatingLibrary.org

Serving Up Resources for Healthy Eating is sponsored by the Friends of the Port Townsend Library and funded in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. NO1-LM-1-3516 with the University of Washington.



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www.HealthyEatingLibrary.org

Check out these web sites!

Find information on health and nutrition:

- medlineplus.gov Consumer health from the National Library of Medicine
- m.medlineplus.gov Especially for mobile devices
- www.ghc.org/kbase Healthwise Knowledgebase, provided by Group Health
- www.healthfinder.gov Health information from the Department of Health and Human Services

Locate resources in the community and beyond:

- www.foodcoop.coop The Food Co-op, Port Townsend's full-service organic grocery
- www.jeffersongrown.org Promoting local growers and eating local foods
- www.parenthelp123.org Statewide program linking families to food and health resources

Learn about the latest healthy eating research:

- www.healthyeatingresearch.org
 - www.rwjf.org/childhoodobesity/
- News and research from the Robert Wood Johnson Foundation



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- News and research from the Robert Wood Johnson Foundation



NEWS RELEASE

September 30, 2009

Contact: Theresa Percy, 360-344-3054, tpercy@cityofpt.us

City Library Serves Up Resources for Healthy Eating

Nearly everyone faces challenges putting fresh and nutritious food on the table while stretching limited budgets. Learning how to make better choices for healthy eating is an essential strategy outlined in *Healthy People 2010*, the national plan for improving the health of Americans, and public libraries are key community resources for providing such information to individuals and families. With an outreach award to the Friends of the Library from the Pacific Northwest region of the National Network of Libraries of Medicine, Port Townsend Public Library is expanding its resources in the areas of nutrition, food purchasing and preparation, and other topics related to healthy eating.

Most of the library's patrons use the Internet to find health information, and while they consider the health aspects of food to be important, they typically experience challenges finding reliable information. "Unfortunately, Dr. Google too often is the first resource people consult when they're looking for health and nutrition information," said library director Theresa Percy. "We want to let people know about the many high quality resources that are available for free—both online and at the library."

With the grant award, the library has created a special web site, Serving Up Resources for Healthy Eating, www.HealthyEatingLibrary.org. The site will feature links to web sites that have been evaluated by librarians and health professionals, including MedlinePlus, the National Library of Medicine's comprehensive consumer health resources, as well as state and community resources and updates about research in the field of healthy eating.

Coordinating the healthy eating project is Carol Cahill, a former city reference librarian who is now a research project manager at the Center for Community Health and Evaluation, part of the Group Health Research Institute in Seattle. She has been involved in evaluation of several healthy eating/active living initiatives, including the Robert Wood Johnson Foundation's Active Living Research Program. "It seems like every day there is new information about healthy eating and food environments, and the new web site will allow us to gather these resources in one place for library users," says Cahill. As part of the project she will be offering workshops at the library on how to best search online for health and nutrition information.

The library also is partnering with The Food Coop to offer free programs. The first of these will feature Brwyn Griffin, Coop outreach and education manager, who will present an informative and entertaining five-part series, "The Language of Food." The programs are scheduled for Thursday evenings from 7-8 pm beginning October 22 and continuing through November 19 at the city library.

For more information about the library's healthy eating programs, contact Theresa Percy at 360-385-3181.

###

Serving Up Resources
for Healthy Eating



The Language of Food

Food Coop Outreach and Education Manager
Brwyn Griffin presents a 5-part series on how to shop for
and prepare food that is good for you—and tastes good too!

Thursday evenings, 7-8 pm
Port Townsend Public Library

October 22: *Food Labels: Definitions & Deceptions*

October 29: *Grains: Beyond Wheat, Corn & Oats*

November 5: *Seeds, Beans & Nuts:
Tiny Powerhouses of Nutrition*

November 12: *Not All Oils Are Created Equal*

November 19: *Dairy, Meat & Vegetables:
Why Organic Matters*

Port Townsend Public Library

1220 Lawrence Street

360-385-3181

www.cityofpt.us/library

Sponsored by the Friends of the Library and The Food Co-op



Serving Up Resources
for Healthy Eating



Health & healthy eating online: *finding the best of the Web* 2 workshops, 2 venues

Workshop 1: MedlinePlus and other consumer health portals and Web sites

Workshop 2: PubMed, the National Library of Medicine's index of medical literature, including MyNCBI

Port Townsend Public Library

Workshop 1:
Saturday, 2/13
11 am-noon

Workshop 2:
Saturday, 2/27
11 am-noon

*Presentations on the
big screen*



The Food Co-op

Workshop 1:
Thursday, 2/25
7-8:30 pm

Workshop 2:
Thursday, 3/11
7-8:30 pm

*Bring your own
laptop*

More information:

LIBRARY 360-385-3181

FOOD CO-OP 360-385-2831x308

www.HealthyEatingLibrary.org

Sponsored by the Friends of the Library and the Food Co-op

Healthy foods focus of program at Port Townsend Library

Those who are confused by food labels, wonder if organic really is better, or need new ideas for healthy meals are invited to attend the Port Townsend Library's series on The Language of Food starting on Thursday, Oct. 22.

Nearly everyone faces challenges putting fresh and nutritious food on the table while stretching limited budgets. "Learning how to make better choices for healthy eating is an essential strategy outlined in Healthy People 2010, the national plan for improving the health of Americans, and public libraries are key community resources for providing such information to individuals and families," says Theresa Percy, library director.

With an outreach award to the Friends of the Library from the Pacific Northwest region of the National Network of Libraries of Medicine, Port Townsend Public Library is expanding its resources in the areas of nutrition, food purchasing and preparation as well as other topics related to healthy eating.

With the grant award, the library has created a website, HealthyEatingLibrary.org, titled Serving Up Resources for Healthy Eating. The site features links to websites that have been evaluated by librarians and

health professionals, as well as other resources.

Coordinating the project is Carol Cahill, former city reference librarian who is now a research project manager at the Center for Community Health and Evaluation, part of the Group Health Research Institute in Seattle. As part of the project she will be offering workshops at the library on how to best search online for health and nutrition information.

The library also is partnering with The Food Co-op to offer five free programs on how to shop for and prepare food that is

good for you – and tastes good too. Presented by Brwyn Griffin, Co-op outreach and education manager, the series takes place at the library from 7 to 8 p.m. on Thursdays, Oct. 22 through Nov. 19.

Topics are: Oct. 22, Food Labels: Definitions & Deceptions; Oct. 29, Grains: Beyond Wheat, Corn & Oats; Nov. 5, Seeds, Beans & Nuts: Tiny Powerhouses of Nutrition; Nov. 12, Not All Oils are Created Equal; Nov. 19, Dairy, Meat & Produce: Why Organic Matters. The programs include samples of featured foods.

Leader "Classified of the Week"

**Found: Verizon
cell phone.
360-732-4340**



Find this and hundreds of other intriguing classified ads in *The Leader* every week!

Eating workshop served

Eating healthier is on the list of many people's resolutions for 2010, and for some, it's a part of life. Two upcoming workshops offer help to those who are searching for new information on how to stay healthy.

One workshop focuses on MedlinePlus, the National Library of Medicine health portal for consumers. The workshop takes place from 11 a.m. to noon on Saturday, Feb. 13 at the library, 1220 Lawrence St.; and from 7 to 8:30 p.m. on Thursday, Feb. 25 in the deli section of the

Food Co-op, 414 Kearney St.

The second workshop features the PubMed database of medical literature, and includes information on how to set up alerts and personal subject collections with MyNCBI. This workshop is from 11 a.m. to noon Saturday, Feb. 27 at the library; and from 7 to 8:30 p.m. Thursday, March 11 at the Food Co-op.

Both workshops are free.

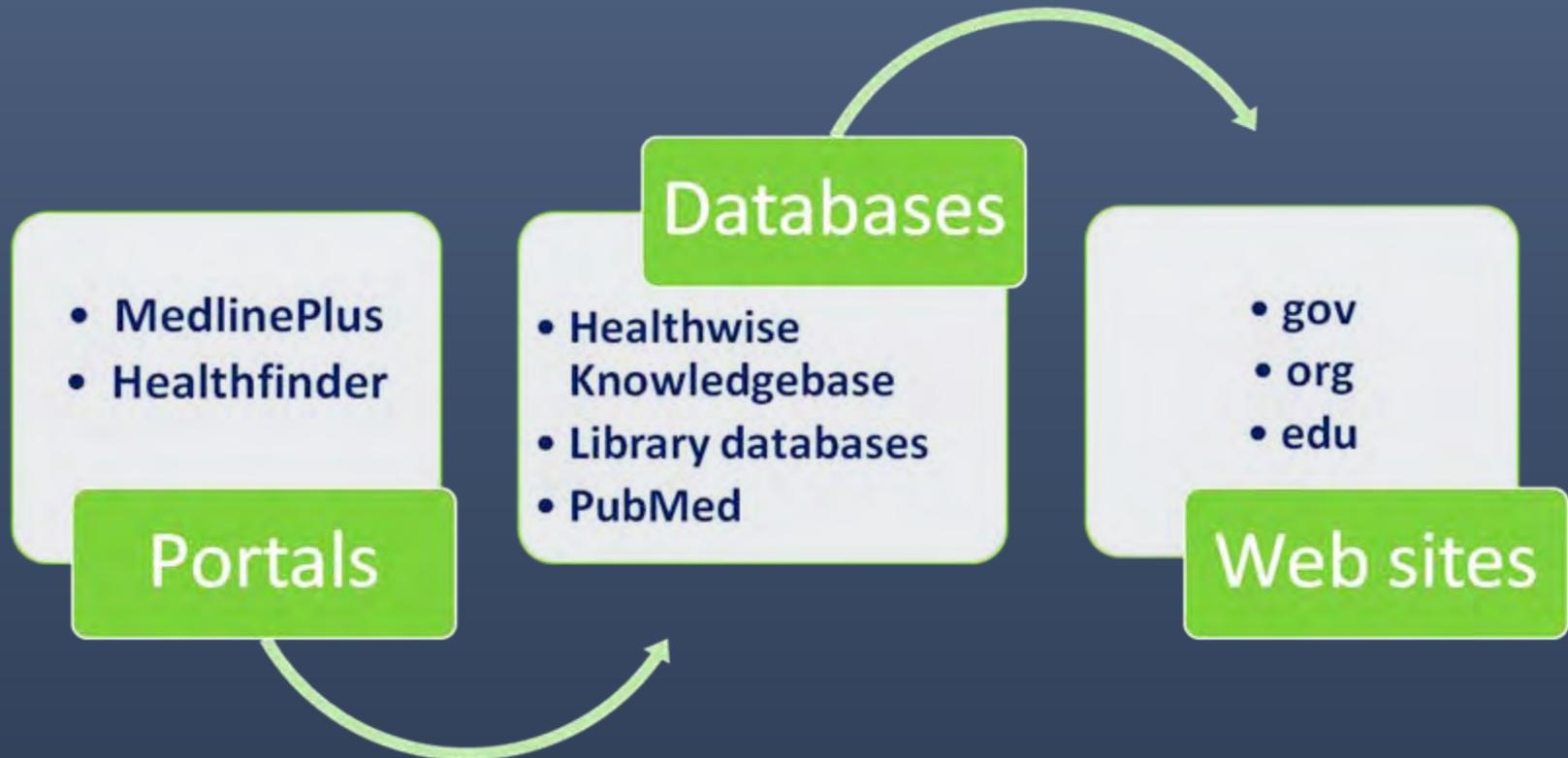
For further information, call 385-3181 or 385-2831, ext. 308, or visit healthyeatinglibrary.org.

Serving Up Online Resources for Healthy Eating

Workshop
1



Types of online resources



PORTALS



MedlinePlus



Healthfinder



Internet Public
Library


[Search MedlinePlus](#)[About MedlinePlus](#) | [Site Map](#) | [FAQs](#) | [Contact Us](#)[Home](#) [Health Topics](#) [Drugs & Supplements](#) [Encyclopedia](#) [Dictionary](#) [News](#) [Directories](#) [Other Resources](#)[español](#)

Topics

- A-Z
- Search
- Updated ≤ 6 months

Drugs

- Prescription & OTC
- Herbs & supplements

News

- Updated weekly

medlineplus.gov

Other features

MedlinePlus mobile

- m.medlineplus.gov

Weekly alerts

- [Sign up!](#)

Other portals

Healthfinder

healthfinder.gov

A-Z
News
Tools

Internet
Public Library

www.ipl.org

Searchable index
(all topics)

DATABASES



Healthwise
Knowledgebase



Library
databases



PubMed



Search the Healthwise® Knowledgebase

Topics

- A-Z & search
- Content created/reviewed by experts
- Evidence-based

Drugs & tests

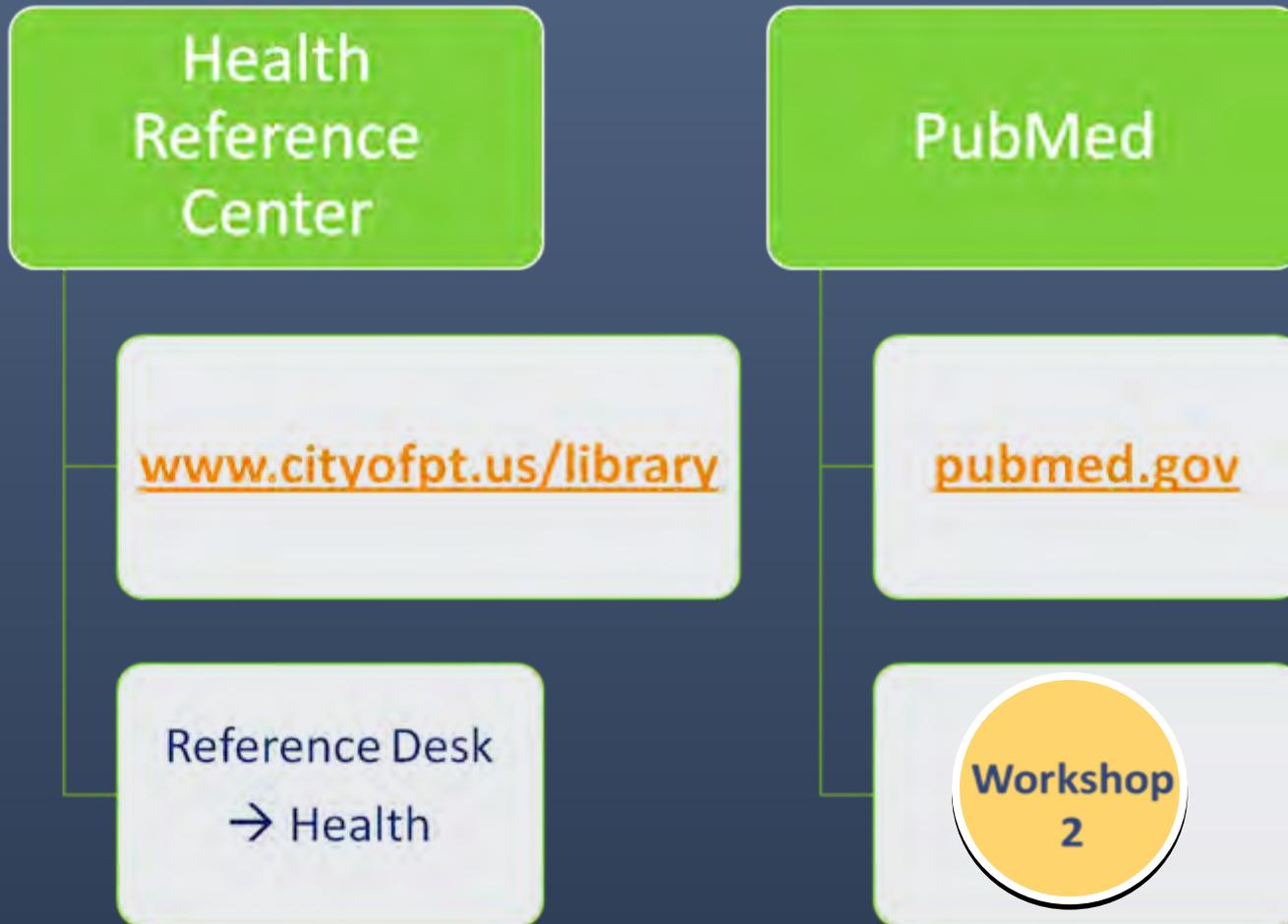
- Prescription & OTC medications
- Medical tests

Etc.

- Alternative medicine
- Self-help

www.ghc.org/kbase

Other databases



WEB SITES



.gov



.org
(& .coop)



.edu

Web site examples

.gov

MyPyramid

F&V Matter

.org

Food Co-op

CSPI

.edu

Healthy
Eating
Research

Center for
Weight &
Health



Basics

- Dietary Guidelines for Americans

Tools

- Menu planner
- MyPyramid Tracker

Etc.

- Foodapedia
- Kids' resources
- Going green

www.mypyramid.gov

Other .gov (CDC)

Fruits &
Veggies Matter

www.fruitsandveggiesmatter.gov

.org

The Food Co-op

www.foodcoop.coop

Resources
Produce
Newsletter

Center for
Science in the
Public Interest

www.cspinet.org

News
Health issues

.edu (sometimes will be .org)



Serving Up Resources for Healthy Eating

www.HealthyEatingLibrary.org



Serving Up **ONLINE** Resources for Healthy Eating



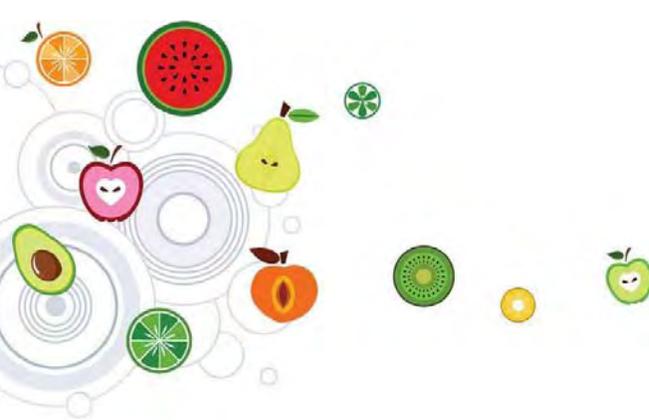
1. What are the 3 Internet resources you use the most to find health information?

2. Have you ever visited the library's healthy eating Web site (www.HealthyEatingLibrary.org)?

Yes No

3. Do you use Twitter?

Yes No



Serving Up ONLINE Resources for Healthy Eating

1. How likely are you to use MedlinePlus as one of your first online resources to find general health information?

- Very likely
- Somewhat likely
- Not very likely

2. Which of the Web sites you learned about today are you most likely to use to find information on nutrition or healthy eating (please check up to 3)?

- | | |
|---|--|
| <input type="checkbox"/> MedlinePlus | <input type="checkbox"/> MyPyramid.gov |
| <input type="checkbox"/> Healthfinder.gov | <input type="checkbox"/> fruitsandveggiesmatter.gov |
| <input type="checkbox"/> Healthwise Knowledgebase | <input type="checkbox"/> Healthy Eating Research |
| <input type="checkbox"/> Health Reference Center | <input type="checkbox"/> Center for Weight & Health |
| <input type="checkbox"/> The Food Coop | <input type="checkbox"/> Center for Science in the Public Interest |
| <input type="checkbox"/> Other: | |
-

3. How likely are you to use www.HealthyEatingLibrary.org as a resource to link to information about health and healthy eating?

- Very likely
- Somewhat likely
- Not very likely

4. How likely are you to follow HE_LibLinx tweets on Twitter?

- Very likely
- Somewhat likely
- Not very likely



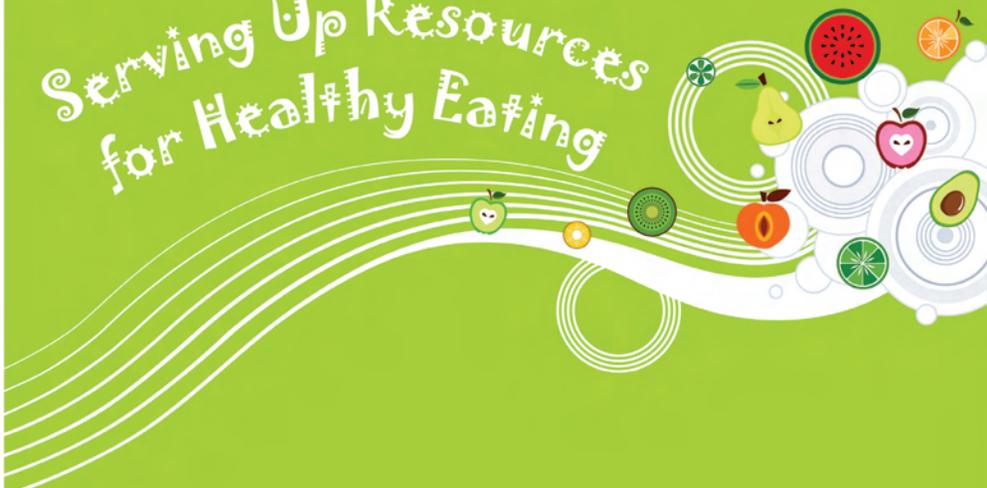
Port Townsend Public Library
1220 Lawrence Street
Port Townsend, WA 98368
360-385-3181

www.cityofpt.us/library

Hours:

Monday 10-7
Tuesday 10-7
Wednesday 10-7
Thursday 10-7
Friday 10-6
Saturday 10-5
Sunday 1-5

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Serving Up Resources
for Healthy Eating

A Harvest of One's Own:

Resources for Growing and Preserving Food at Home



Port Townsend Public Library
August 2009

Grow it!

The Family Kitchen Garden: How to Plant, Grow and Cook Together (2009)
635 LIEBREI

The Winter Harvest Handbook: Year Round Vegetable Production Using Deep-Organic Techniques and Unheated Greenhouses (2009)
635 COLEMAN

The Backyard Homestead (2009)
641 BACKYAR

Fresh Food from Small Spaces: The Square inch Gardener's Guide to Year-Round Growing, Fermenting, and Sprouting (2008)
635 RUPPENT

Perennial Vegetables: From Artichokes to Zuiki Taro: A Gardener's Guide to Over 100 Delicious and Easy to Grow Vegetables (2007)
635 TOENSME

Growing Vegetables West of the Cascades: The Complete Guide to Organic Gardening (2007)
635 SOLOMON

Gardening When It Counts: Growing Food in Hard Times (2005)
635 SOLOMON

The Organic Home Garden: How to Grow Fruits & Vegetables Naturally (2004)
635.0484 LIMA

Organic Gardening: A Practical Guide to Natural Gardens, from Planning and Planting to Harvesting and Maintenance (2003)
635.0484 LAVELLE

The Ann Lovejoy Handbook of Northwest Gardening: Natural, Sustainable, Organic (2003)
635.0484 LOVEJOY



Preserve it!

Well-Preserved: Recipes and Techniques for Putting Up Small Batches of Seasonal Foods. (2009)
641.4 BONE

Jam It, Pickle It, Cure It: And Other Cooking Projects (2009)
641.4 SOLOMON

The Complete Book of Small-Batch Preserving: Over 300 Delicious Recipes to Use Year-Round (2007)
641.4 TOPP

Complete Book of Home Preserving: 400 Delicious and Creative Recipes for Today (2006)
641.4 COMPLET

Ball Blue Book of Preserving (2003)
641.4 BALL

Pickled: Vegetables, Fruits, Roots, More: Preserving a World of Tastes and Traditions (2003)
641.5 NORRIS

Canning and Preserving for Dummies (2003)
641.4 WARD

The Big Book of Preserving the Harvest (2002)
641.4 COSTENB



Find information on the web!

Jefferson County Master Gardeners
<http://mg.jefferson.wsu.edu/>

National Gardening Association: Food Gardening Guide
<http://www.garden.org/foodguide/>

National Center for Home Food Preservation
<http://www.uga.edu/nchfp/>

Internet information you can trust

MedlinePlus child nutrition page

www.nlm.nih.gov/medlineplus/childnutrition.html

Healthy eating on a budget, from the Healthwise Knowledgebase

www.ghc.org/kbase/ (Search 'healthy eating budget')

Fruits and Veggies Matter—information, recipes and more from the Centers for Disease Control and Prevention

www.fruitsandveggiesmatter.gov

Nutrition.gov—easy access to a wealth of healthy eating information, from the National Agriculture Library

www.nutrition.gov

KidsHealth.org—Nutrition and fitness resources, from the Nemours Foundation

www.kidshealth.org

Resources for health & healthy eating

ParentHelp123: Connecting families to food and health resources in Washington State, including WIC and Apple Health for Kids; a program of Within Reach.

www.parenthelp123.org

Cookus Interruptus: "How to cook fresh local organic whole foods despite life's interruptions"

www.cookusinterruptus.com/

Interactive Food & Beverage Marketing: Learn how food and beverage companies market to kids through new media like cell phones and videogames; from the Berkeley Media Studies Group.

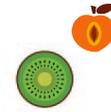
<http://digitalads.org/>

Cereal F.A.C.T.S.: Nutrition profiles for packaged cereals; from the Rudd Center for Food Policy & Obesity at Yale University

<http://www.cerealfacts.org/>

Snackwise: Nutrient/calorie counter for snack foods; from Nationwide Childrens Hospital

www.snackwise.org/



At the library: cookbooks & more

In the Children's Library:

Cooking the East African way: revised and expanded to include new low-fat and vegetarian recipes. J641.59 MONTGOM

Cooking the West African way: revised and expanded to include new low-fat and vegetarian recipes. J641.59 MONTGOM

Cooking the North African way: culturally authentic foods including low fat and vegetarian recipes. J641.59 WINGET

Healthy eating. J613.2 SENKER

Holy guacamole! And other scrumptious snacks. J641.5 FAUCHAL

Kids' healthy lunchbox: over 50 delicious and nutritious lunchbox ideas for children of all ages. J641.5 HOBDDAY

In the Parenting Section:

Better than peanut butter & jelly: quick vegetarian meals your kids will love. 641.5 MATTARE

The petit appetit cookbook: easy organic recipes to nurture your baby and toddler. 641.5 BARNES

Secrets of feeding a healthy family. 613.2 SATTTER

Your child's weight: helping without harming : birth through adolescence. 613.2083 SATTTER

City of Port Townsend

Please note: The May Utility Newsletter will be replaced by the 2009 Drinking Water Report.



(360) 379-5047 (email: citycouncil@cityofpt.us) www.cityofpt.us April 2010



From Mayor Michelle Sandoval

City meetings and processes can sometimes be confusing. In this article I hope to clarify a few things about our city council meetings.

Regular city council business meetings are scheduled for the 1st and 3rd Mondays of the month. At these regular business meetings there is usually a variety of agenda items and public comment is solicited on each agenda item. In addition, at the beginning of every regular business meeting we have a time that provides for general public comment on any city issue. Agendas and discussion materials for each meeting are posted on the city's website.

A **special** council meeting doesn't necessarily mean the agenda items are out of the ordinary, but rather it is a meeting called outside of the regular meeting schedule. We cannot change or add agenda items to these special meetings or take comments on anything other than the items for which the meeting was called. Frequently we hold a special meeting on the 4th Monday of the month in order to move through our yearly work plan.

Workshops are held on the 2nd Monday of the month and are informal round table discussions. We delve deeper into city issues that will be formally acted upon in a future business meeting. Many times we get the benefit of the work of a council committee that has already studied the issue. There is no formal public comment period on the workshop agenda but the public is always welcome. No council action takes place at these workshops.

Our first **town meeting** of the year is May 6 at McCurdy Pavilion. The topic will be the Fire District. Participation in this town meeting will inform citizens about the Fire District and the current joint agreement, as well as the possibility of a ballot measure for annexation. Please mark your calendars and join us on May 6. More information will soon be available on our website.

New Transit Routes Starting April 11

With the upcoming 40th anniversary of Earth Day, it's a great time to celebrate going "green" by riding the bus! Jefferson Transit is launching improved routes effective April 11. The new routes were designed based on public input to make riding the bus as convenient as possible.

Commuting by bus just got easier with schedules that match the starting and quitting times for most major employers. Top that off with saving money - up to \$7,200 per year for you if you give up your car - and enjoy a less stressful life.

How can you find out about the new routes and how to use them?

- Go to www.jeffersontransit.com to review the new schedules and route maps.
- Pick up a new bus schedule on any Jefferson Transit bus or at the Visitor Information Center.
- Go to "Google Transit" (www.maps.google.com) and click on "Get Directions." Enter your trip's beginning and ending addresses, date and time you wish to travel, then choose "By public transit" from the drop-down menu.
- Call Jefferson Transit's Customer Service at 360-385-4777.

Give it a try for free from April 11 - 24. And especially remember to ride Jefferson Transit on April 22 - Earth Day.

Community Jump

Friday, April 30, 11:30 a.m. to 5:30 p.m.

Mountain View Commons YMCA gymnasium

Grant Street PTA and PT Athletic Club present the inaugural **ALL AGES JUMP ROPE a-thon** to raise money for playfield equipment and improvements. While most students will jump rope at Grant Street, everyone is invited to the **Community Jump** at the Mountain View Commons YMCA gymnasium. Sponsor a student or donate directly to Grant Street PTA. www.grantstreetschool.org.

Open to all ages and fitness levels.
Minimum \$5 donation for 20 minutes of jump roping.
And there will be door prizes!

Focus on Youth Services

Restoration – what you need to know before you start. April 22, 6:30 p.m., Building 315, Fort Worden

Thinking about restoring an older house? What do you need to know before you start? The Port Townsend School of Woodworking has brought together a panel of experts to talk about what you need to know followed by Q&A.



- **Research and Documentation of Original House:** Marsha Moratti, Archivist, Jefferson County Historical Society
- **As-built Drawings and Restoration Design:** Richard Berg, Terrapin Architecture
- **City Review Process and Tax Credits:** John McDonagh, Senior Planner, City of PT
- **Insurance Considerations:** Jim Maupin, Homer Smith Insurance
- **Construction Process:** Michael Colbert, Townsend Builders

The school's goal is twofold:

- ♦ to share this wealth of expertise with you;
- ♦ to see what classes or training they can offer to make life easier for the homeowner.

For more information, visit www.ptwoodschoool.com.



**Walk A Mile In Her Shoes
April 28 starting at 6:00 p.m. at U.S. Bank**

Participate in Dove House's 2010 Sexual Assault Awareness Month event, Walk A Mile in Her Shoes! The route will be from U.S. Bank to the Marine Science Center.

To sign up as a walker or get more information contact Jeannie Ramsey at JeannieR@dovehousejc.org.



The Library is serving up Resources for Healthy Eating!

With a 2009 outreach award from the National Networks of Libraries of Medicine Pacific Northwest region, the Library is helping families and individuals learn about choices for healthy eating. Project coordinator (and former reference librarian) Carol Cahill has developed a resource web site www.HealthyEatingLibrary.org. In addition, the Library is partnering with the Food Co-op to offer special programs.

The *Serving Up Resources for Healthy Eating* web site features links to high quality resources, including the latest research on how parents and communities can ensure healthier food options for kids. And the library is "tweeting for healthy eating" at www.twitter.com/HE_LibLinx.

For more information about the healthy eating programs, call the library at 385-3181, or visit www.cityofpt.us/library and click on "Healthy Eating."

Transition Yourself Job Seeker Workshops

Finding Your Work Path in Hard Times The Port Townsend Library is sponsoring the following workshops in April:

- ♦ Session 3, April 5 - Work History, Applications, Cover Letters, Resumes
- ♦ Session 4, April 6 - Marketing&Interviewing 1
- ♦ Session 5, April 12 - Marketing&Interviewing 2
- ♦ Session 6, April 13 - The 4 R's

For more information on the Hard Times Grant, contact Susan Kay Wilson at 344-4608.



**Port Townsend Main Street Program
Earth Day Spring Clean-Up
April 17, 9 a.m. to 12 noon**



Volunteers are needed to join in and help make Port Townsend sparkle for spring. Main Street invites you to join in Earth Day activities from 9 a.m. to 12 noon at Adams Street Park (Water and Adams Street), as well as weeding and planting the bulbouts downtown. Please wear work clothes, bring garden gloves and tools. To find out more, contact the Port Townsend Main Street Program at 385-7911 or email admin@ptmainstreet.org.



Federal Low-Income Home Energy Assistance Program

Need help paying for heat? Electricity, oil, propane, wood, pellets...? The federal Low-Income Home Energy Assistance Program is available now! OlyCAP may be able to help. Call 385-2571 today!



**JEFFERSON COUNTY
RELAY 2010
July 24-25 in Memorial Field**

Relay for Life in Jefferson County is looking for committee members to help plan the Relay, team captains to lead a group (family, friends, or co-workers), sponsors for the Relay event, and volunteers for the day. If you are interested in supporting Jefferson County Relay through one of these avenues or would like more information: **Please join them on the 3rd Thursday of each month at 5:30 p.m. at Jefferson Healthcare Auditorium**, visit www.relayforlife.org/porttownsendwa, email sandrac2@ptpc.com, emily.harrington@cancer.org, or call 425-322-1120.