



BOOK-TO-ACTION
 PUTTING WORDS INTO ACTION

Book-to-Action: Cooked

**Sponsored by the Lake County Library, Lake County Hunger Task Force and SNAP-Ed
 Call 707-263-8817 for more details**

Date	Location	Time	Details
April			
4/11	Lakeport Library	10:00 a.m. – 5:00 p.m.	Launch and sign-ups Sign up to volunteer and participate. Get your own copy of <i>Cooked</i> .
4/15	Redbud Library	5:00 – 6:30 p.m.	Healthy Recipe Demo & Sampling Dana Kent from SNAP-Ed
4/22	Lakeport Library	5:00 – 6:00 p.m.	Michael Pollan’s Sourdough Bread Recipe Demo Amy Patton
4/25	Lakeport Library	2:00 – 4:30 p.m.	Soft Cheese Making Desiree Todd from StableFood Farm Buyers Club
4/29	Middletown Library	2:30 - 5:00 p.m.	Rethink your Drink Dana Kent from SNAP-Ed
May			
5/2	Lakeport Library	2:00—4:30 p.m.	Nutritious Crockpot Cooking. Lake County Hunger Task Force.
5/6	Lakeport Library	5:30 – 6:30 p.m.	Book Discussion: Michael Pollan’s <i>Cooked: a Natural History of Transformation</i> Book Club meeting
5/9	Lakeport Library	2:00 – 4:30 p.m.	Meet Author Claire Splan <i>California Fruit and Vegetable Gardening</i> and <i>California Month-by-month Gardening</i>
5/13	Lakeport Senior Center	5:00 – 6:30 p.m.	Healthy Options away from Home Dana Kent from SNAP-Ed
5/20	Lakeport Senior Center	5:00 – 6:30 p.m.	Grow Your Own Salsa Garden & Recipe Demo Dana Kent from SNAP-Ed
5/23	Farmers Market Steele Winery	8:30 – noon	At the farmers market: tips on how to shop Hunger Task Force
5/27	Lakeport Library	5:00 – 6:30 p.m.	Michael Pollan’s Sauerkraut Recipe Demo Amy Patton
5/30	Lakeport Senior Center	Noon – 3:00 p.m.	Community Meal Share a meal and discuss your experiences with the program.

Lakeport Library
 1425 N. High Street
 Lakeport
 707-263-8817

Redbud Library
 14785 Burns Valley Road
 Clearlake
 707-994-5115

Middletown Library
 21256 Washington Street
 Middletown
 707-987-3674

Lakeport Senior Center
 527 Konocti Avenue
 Lakeport
 707-263-6174

Farmers’ Market
 Steele Wines
 Thomas Drive & Hwy 29
 Between Kelseyville &
 Lakeport
 707-279-9475

**L EVENTS
, COOKING CLASSES,
MAKING DEMONSTRATION**

Up
y

Demonstration & Sampling by Snap-Ed

s Bread Recipe Class

aking Class by Desiree Todd

rink by Snap-Ed
rary

April 11
All Day

April 15 5:00
-6:30pm

April 22
5:00-6:30pm

April 25
2:00-4:30pm

April 29
2:30-5:00pm

**MORE MAY EVENTS
SALSA GARDEN INSTRUCTION,
FARMERS' MARKET TIPS,
COMMUNITY MEAL**

Grow Your Own Salsa Garden & Recipes by Snap-Ed
Lakeport Farmer's Market

Farmer's Market Shopping Tips by Hunger Task Force
Lakeport Farmer's Market

Michael Pollan's Sauerkraut Recipe Class
Lakeport Library

Community Meal & Program Finale
Lakeport Senior Center

May 20
5:00-6:30pm

May 23
9:30-10:30am

May 27
5:00-6:30pm

May 30
Noon-3:00pm

**EVENTS
DISCUSSION, AUTHOR CLAIRE
COOKING DEMONSTRATION**

ng with a Crockpot by Hunger Task Force

of 'Cooked'

ifornia by Author Claire Splan

away from Home by Snap-Ed
Center

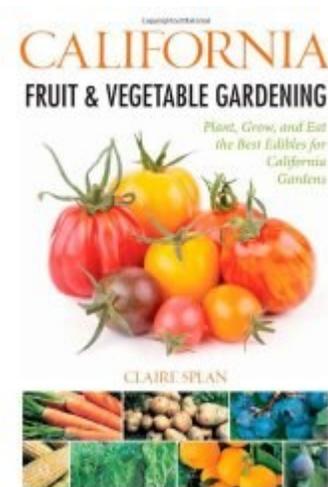
May 2
2:00-4:30pm

May 6
5:30-6:30pm

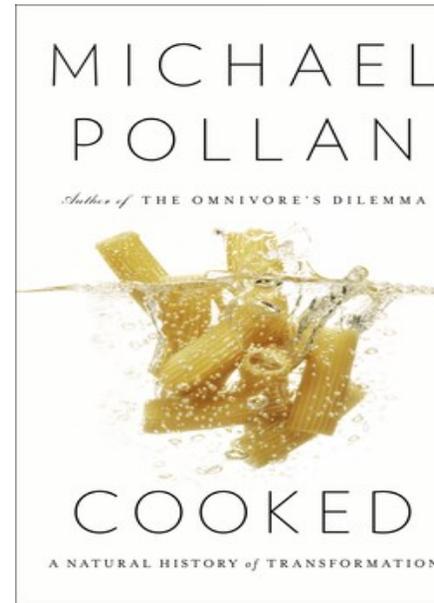
May 9
2:00-4:30pm

May 13
5:00-6:30pm

**CLAIRE SPLAN
AUTHOR OF:**



**MICHAEL POLLAN
AUTHOR OF:**



PROGRAM SPONSORS

Lake County Library is sponsoring the Book to Action program in collaboration with

Lake County Hunger Task Force

Lake County Public Health Department
Snap-Ed

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Questions? Call Amy Patton at the library at 707 263 8817.