



Mix, Measure, Master: Teen Food Programs

**Spring Institute
April 11, 2025**

**What type of milk is used to
make the most expensive
cheese in the world?**

a) Cow

c) Goat


b) Donkey

d) Camel



b) Donkey

Pule cheese, also known as the world's most expensive cheese, is made from the milk of Balkan donkeys from Serbia.



Hello!

Kayla Koning

Paw Paw District Library

Teen Librarian

269.657.3800

kkoning@pawpawlib.org

pawpawlib.org

609 W Michigan Ave

Paw Paw, MI 49079



Laura Dorgelo

Van Buren District Library

PR and Tech Instruction Librarian

269.423.4771

ldorgelo@Vbdl.org

VBDL.org

200 N Phelps St

Decatur, MI 49045



Evaluate

If hosting a teen food program would be manageable

● Do you have the “equipment”?

Starter kit: trays/cookie sheets
measuring cups and spoons, bowls, mixing
spoons, ziplock bags

Expansion pack: Microwave, fridge, pots, pans,
hot plate, crockpot, waffle iron, blender, skillet

● Do you have the storage?

- Store ingredients and equipment
- A place to prep foods and store foods

● Do you have the space?

- Space to hold program
- Space to get messy
 - Access to sink or hand washing station
 - Cork floor or tarp to lay over carpet

● Do you have the time?

- For an hour-long program
 - Start with trivia or a simple game for about 5-10 minutes to allow for late comers to arrive. Include time to wash hands.
 - Have recipes that can be done in about 15-20 minutes, allowing for time so everyone can go through either an assembly line or rotated with materials.
 - Last 20-30 minutes is for eating, socializing, and cleaning up





Create

An accessible program overcoming common barriers

Time and location

- Paw Paw District Library
 - Afterschool
 - Library is down the road to the middle school
 - Consistent with once a month
 - During socializing/eating time have friends help pick up their space and staff clean up excess so we can still get out to close library on time
- Van Buren District Library
 - Webster Memorial in Decatur
 - Maybe one or two every few months.
 - Antwerp Sunshine Branch in Mattawan
 - Monthly Baking Club
 - Monthly Teen Night
 - Sometimes food focused
 - Covert Branch
 - Monthly Mug Cakes

Budget

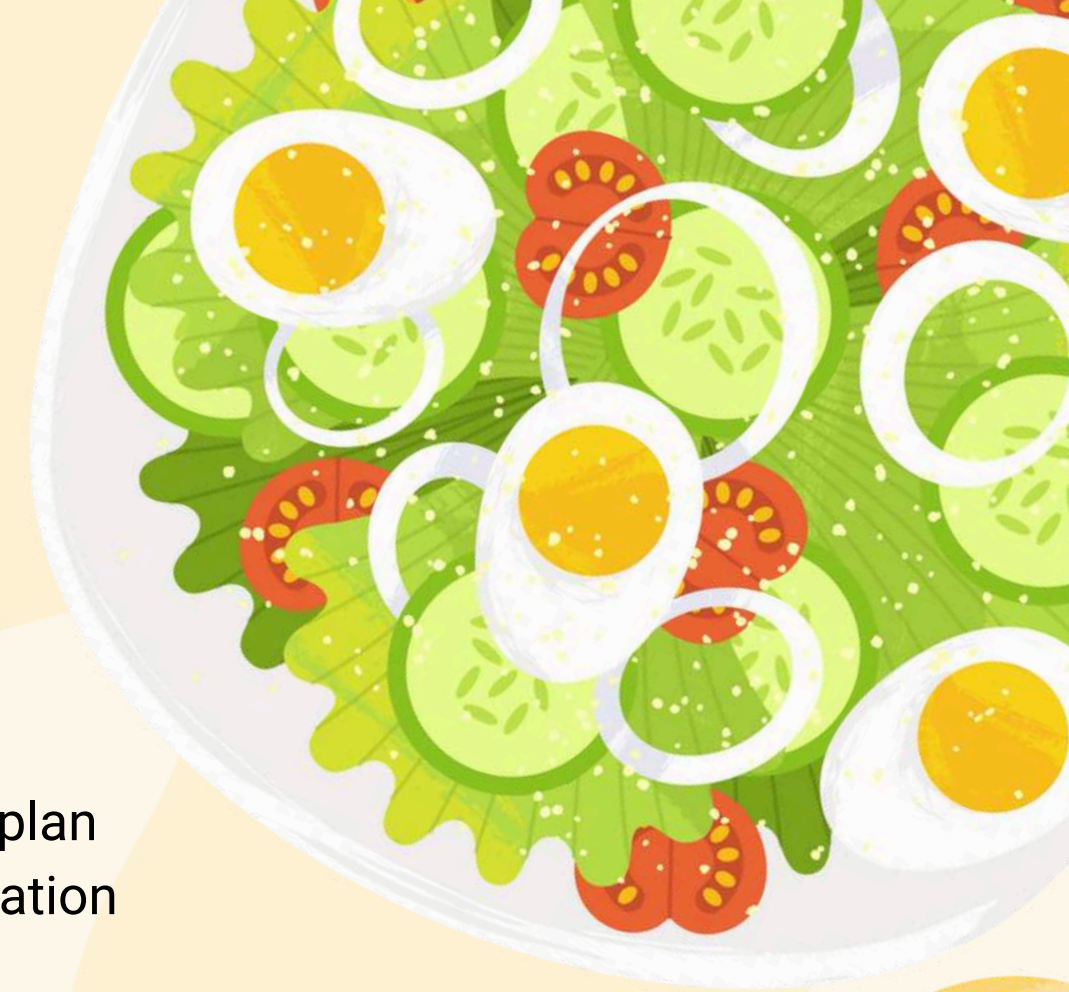
- Can be as little as \$20
 - Remember to factor in cost of disposable plates, forks, cups, etc.
- Shop locally, embrace store brands, and buying on sale.

Scalability

- Paw Paw DL regularly has 30+ teens so we plan everything for 40 to not have to have registration
- VBDL
 - Webster has registration
 - Antwerp has registration
 - Covert does not take registration
- Find recipes can be scaled up or down on the fly if more/less friends come

Staffing

- If you have a larger group, plan for 1 additional person to either just be eyes, socialize, take pictures, and help with instructions/ingredients
- If you have small group, you may decide you can do this yourself.





Educate

Teach life lessons in a fun and engaging way!

● Practice basic cooking skills

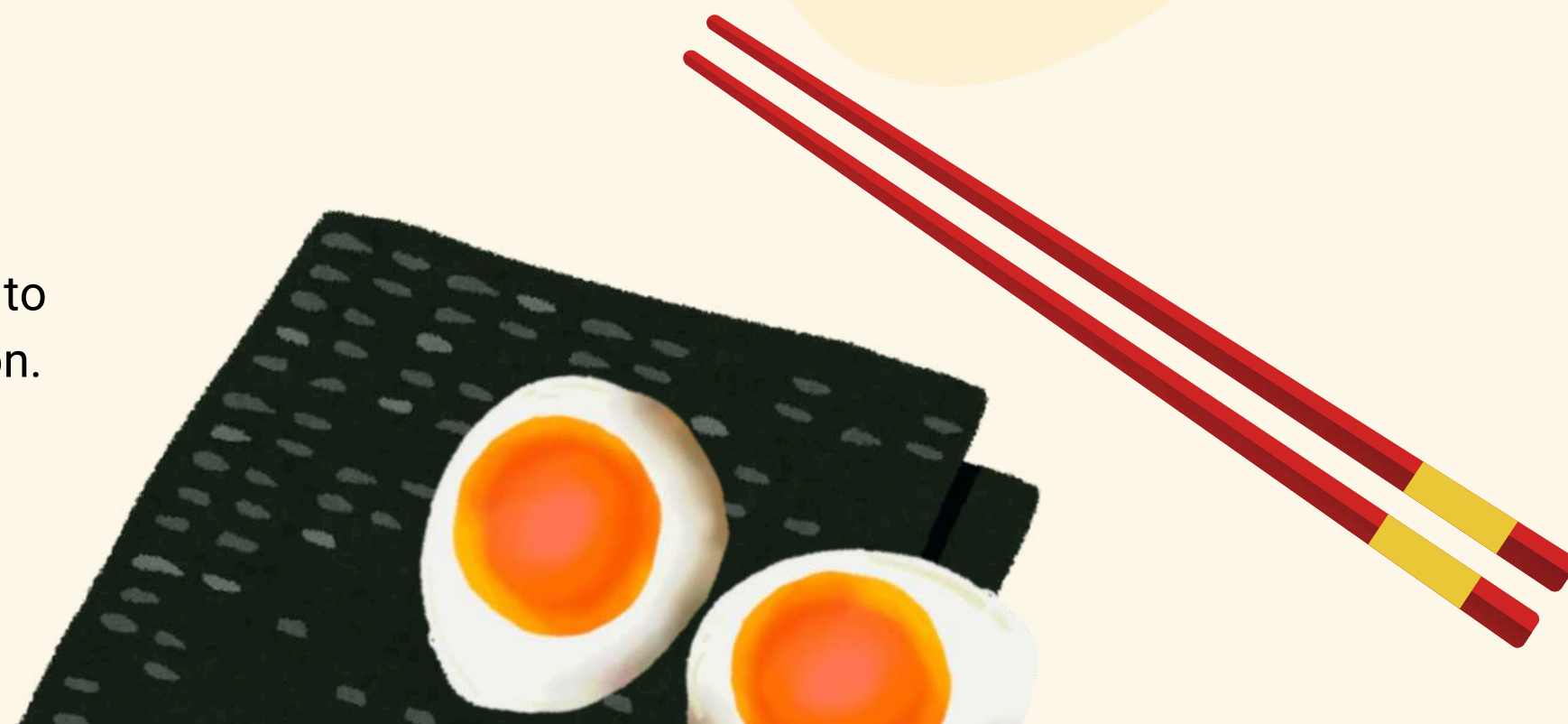
- Use measuring cups
- Think through step by step instructions (follow recipe)
- Use a vacuum when stuff spills on the floor
- General help with clean up. Get the teens to gather the stuff and put dishes in the sink or trash.

● Working with groups

Make teens partner up, make teams, share materials, and wait turns.

● Nutrition

Cooking programs offer an opportunity to discuss healthy food habits and nutrition.





Celebrate CONNECTIONS!




Diverse food

- Food tastings
- Store brand vs name brand
- Spices and foods from other cultures

Fun themes or special holidays

- Haunted house
- Mini foods
- Will it Waffle?

Food and Families

- Encourage cooking together with friends and families
 - Teaching life skills that can transfer to adulthood
- 



Inspiration for recipes



Pop culture

- Popular shows, creators, events, etc.
 - Social media trends
 - Holidays (especially silly ones!)
- 

Library collection

- Cookbooks
- Themed around popular titles or genres

The store

- Products with multiple flavors for tastings
- International aisles
- Premade mixes (like cake in a mugs)
- DIY versions of premade foods

Children's Baking Club

For school age children

VBDL

Antwerp Sunshine Branch

How it works

Kids sign up and take home the cookbook of the month. They get to select the recipe they want to make, bake it at home and bring it to the club to share!

Be sure to refer to local food safety regulations.
In Michigan, potlucks are exempt from food licenses if event is for members (sign ups, not general public) and not widely advertised to the public.



Program Pictures

Paw Paw District Library



Haunted houses



Haunted houses



Candy sushi



Haunted houses



Candy sushi



Teen charcuterie



Program Pictures

Paw Paw District Library

Focaccia Dough



Set-up



Program Pictures

**Van Buren District Library
Webster Memorial Branch**

Damper



**Cinnamon roll
rice krispies**



Onigiri



Mini snacks



Disney treats




**Cookie
decorating
challenge***

**Antwerp Sunshine Branch
Mattawan Activity Center**





Program Pictures

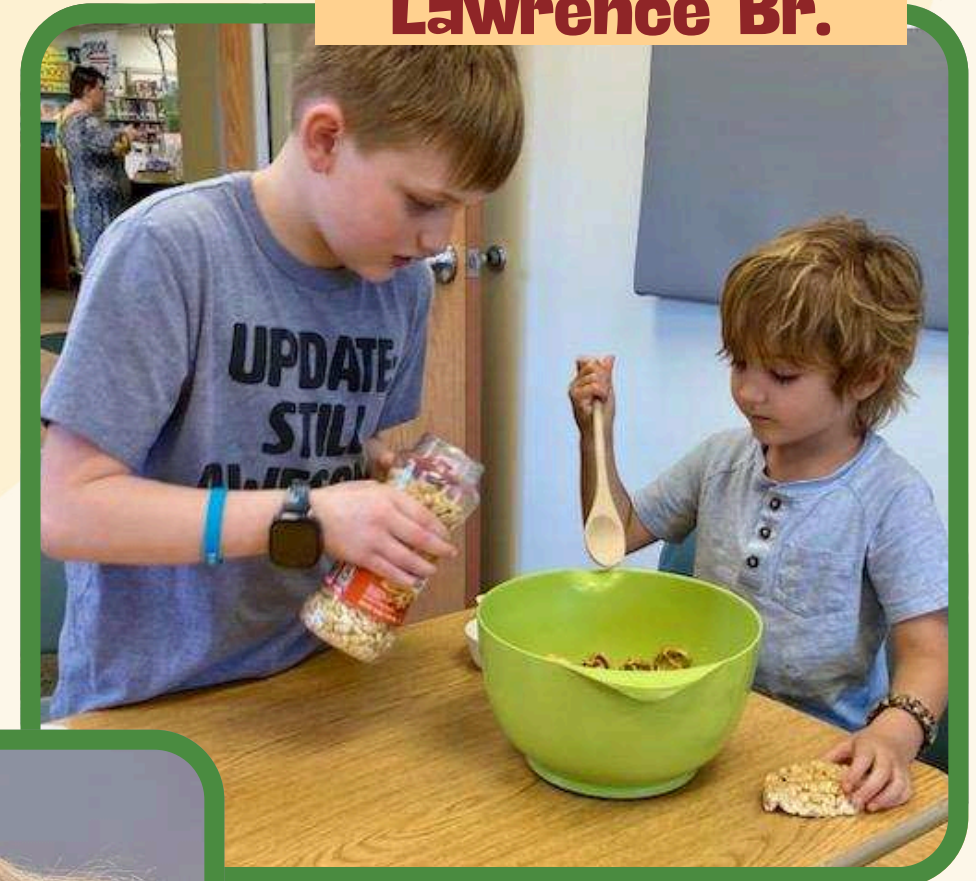


Van Buren District Library
Covert and Lawrence Branches

Fruit Parfaits at the Lawrence Br.



Granola at the Lawrence Br.



Mug cakes at the Covert Branch



Our space

Paw Paw District Library

VBDL Webster Memorial Branch



References

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Thank you!

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Questions?

Scan to access a Canva doc with printable recipes!



