



**For more information, contact:**

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**Learn to read food nutrition labels, how to cook your soul food favorites and more foodie events at the library**

Food labels help to describe the nutritional content of a food item, but what exactly do all those numbers mean? The West Oaks Branch presents A Healthier You: Understanding Food Nutrition Labels on February 1 where a nutrition expert will break down how to properly read food labels. Presenters will also share tips on selecting healthy food options while grocery shopping.

The Food 101 series continues at Orlando Public Library this month with a new topic of discussion. On February 26, we go nuts for nuts. From cashews to walnuts, learn about the history of nuts and how they are consumed around the world.

Learn to prepare Southern soul food classics at the Orlando Public Library, when chefs from local favorite Nikki's Place present during Cuisine Corner on February 11.

If you have any questions about the information shared below, contact us at 407-835-7323 or check us out online at [ocls.info](http://ocls.info) for a complete listing of all library events.

**A Healthier You: Understanding Food Nutrition Labels**

West Oaks Branch, 1821 E. Silver Star Road., Ocoee

*Saturday, February 1, 11 a.m.*

In this interactive class, you will learn how to read Food Nutrition Labels. A food and nutrition expert will share tips on how to make healthier food choices when you are grocery shopping.

**Cuisine Corner Junior: Edna Lewis' Apple Crisp**

Fairview Shores Branch, 902 Lee Road, Suite 26.

*Monday, February 3, 4:30 p.m.*

Hiawasse Branch, 7391 W. Colonial Drive

*Wednesday, February 12, 4 p.m.*

South Trail Branch, 4600 S. Orange Blossom Trail

*Monday, February 17, 4:30 p.m.*

Discover the life of Southern chef Edna Lewis and create a no-bake apple crisp inspired by her farm to table recipe. Recommended for upper elementary, tweens and teens. Registration required.

**Cuisine Corner: Healthy and Satisfying Soup**

Orlando Public Library, Cypress Room, 101 E. Central Blvd.

*Thursday, February 6, 6:30 p.m.*

Joycelyn Bryant of Joycelyn's Southern Kitchen will demonstrate healthy and satisfying soup recipes.

**Cuisine Corner: Nikki's Place**

Orlando Public Library, Cypress Room, 101 E. Central Blvd.

*Tuesday, February 11, 6:30 p.m.*

Chefs from local favorite Nikki's Place show you how to prepare delicious southern soul food classics. Ages 18 and up. Registration required.

**Cuisine Corner: Okra Stew**

Orlando Public Library, Cypress Room, 101 E. Central Blvd.

*Wednesday, February 12, 6:30 p.m.*

Chef Karen Ross will demonstrate how to make okra, corn and tomato stew. Seating is limited. Registration required.

**Cuisine Corner: Black-Eyed Peas**

Fairview Shores Branch, 902 Lee Road, Suite 26.

*Tuesday, February 18, 6:30 p.m.*

Chef Karen Ross will make a healthy black-eyed pea salad. Seating is limited, registration required.

**Books with a Bite**

South Creek Branch, 1702 Deerfield Blvd.

*Wednesday, February 19, 2 p.m.*

We discuss the books we love and what we're currently reading with a bite-sized treat.

**Cuisine Corner: Mofongo**

Winter Garden Branch, 805 E. Plant St., Winter Garden

*Wednesday, February 19, 6 p.m.*

Washington Park Branch, 5151 Raleigh St., Suite A.

*Saturday, February 22, 1 p.m.*

Yamira Lee Johnson, head chef and founder of Breaking Bread with Mira, will demonstrate how to make delicious mofongo. Space is limited. Registration required.

**Food 101: Nuts**

Orlando Public Library, Albertson Room, 101 E. Central Blvd.

*Wednesday, February 26, 6:30 p.m.*

The Food 101 series introduces you to a new topic every month, examining the historical and social significance of what we eat. In February, learn about nuts and how they're consumed around the world.

**LEARN. GROW. CONNECT.**

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