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Learn how to prepare the perfect summer meal, plus Caribbean favorite dish roti and much more, at the library

Stop by the Orlando Public Library on June 9 and spend some time with head chef Yamira Lee Johnson during Cuisine Corner: Summer Meals. She will demonstrate how to prepare and pack the perfect summer lunch. Then come back on June 25 for Guyanese Roti, a delicious, flaky paratha that can be enjoyed with curry, butter or as a side dish. Alica from Alica's Pepperpot will share how to prepare this popular Guyanese treat.

The Summer Reading Program begins on June 2. Registration is open now for some great programs including an exercise and food journaling program, Cuisine Corners and more. Visit ocls.info/srp for a list of all events.

If you have any questions about the events or information shared below, or to register for an event, call the library at 407-835-7323. You can also check for more food-related library events online at ocls.info/cuisinecorner

Rock Your Body with Food and Exercise Journaling

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

Monday, June 4, 6:30 p.m.

Join us as we outline how keeping an exercise and food journal can help you crush your health goals. Learn how to start journaling, and discover what type of journaling may be beneficial to you.

Little Chef: A Full Scoop

North Orange Branch, 1211 E. Semoran Blvd., Apopka

Friday, June 8, 10:30 a.m.

Windermere Branch, 530 Main St., Windermere

Saturday, June 9, 11 a.m.

Alafaya Branch, 12000 E. Colonial Drive

Saturday, June 23, 2 p.m.

I scream, you scream, we all scream for ICE CREAM! Let's mix and sprinkle fun toppings to make a delicious treat to keep us cool. This is a "Mommy or Daddy and Me" event. Ages 3–5.

Cuisine Corner: Summer Meals

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

Saturday, June 9, 11 a.m.

Beat the heat with a summer friendly meal. Yamira Lee Johnson, head chef and founder of Breaking Bread with Mira and certified holistic life coach, will demonstrate how to make a delicious easy packed lunch to go. For more information about Breaking Bread with Mira, visit breakingbreadwithmira.com. Space is limited. Registration required.

Cuisine Corner: Let's Make Baby Food!

Alafaya Branch, 12000 E. Colonial Drive

Wednesday, June 13, 7 p.m.

New parents, or parents-to-be, join us as we learn how to make pureed baby food out of fresh fruits and vegetables.

Cuisine Corner: Empanadillas

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

Wednesday, June 13, 6:30 p.m.

Discover how you can make tasty empanadillas. Yamira Lee Johnson, head chef and founder of Breaking Bread with Mira and certified holistic life coach, will demonstrate how to make empanadillas. Similar to an empanada, empanadillas are lighter and baked. For more information about Breaking Bread with Mira, visit breakingbreadwithmira.com. Space is limited. Registration required.

Cooking Matters for Tweens and Teens

Edgewater Branch, 5049 Edgewater Drive

Thursdays, June 21 & 28, 1 p.m.

This six-week course will teach adolescents how to make healthy food choices and prepare healthy meals and snacks for themselves, their families and their friends. Space is limited. Registration required. This event is recommended for tweens and teens, ages 11–17. To register, visit ocls.info or call 407.835.7323.

Cuisine Corner: Guyanese Roti

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

Monday, June 25, 6:15 p.m.

Devour it with curry, eat it with sides, you can even enjoy it with melted butter, but no matter how you consume it, one thing is for sure: there is nothing else like a hot and flaky paratha roti. Join Alica from Alica's Pepperpot as she shows you how to create this popular Guyanese staple in celebration of Caribbean Heritage month. For more information, visit alicaspepperpot.com. Space is limited. Registration required.

Food 101: Salt

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

Wednesday, June 27, 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 June, learn about salt, and how it's consumed around the world. Samples limited, registration required.

Cuisine Corner: Sugar Shock

Windermere Branch, 530 Main St., Windermere

Thursday, June 28, 2:30 p.m.

It's easy to exceed the recommended amount of sugar intake per day. Ever wonder how much sugar are in common drinks? Learn what to look for and boost your brain power by reducing your sugar intake. Space is limited. Registration required.

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