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Libraries and All Faiths Food Bank team up on healthy reading

Working together, Sarasota County libraries and All Faiths Food Bank are making the classic children's storybook "The Carrot Seed" available to more than 1,500 kids. The books will be distributed to children through All Faiths' "Growing Healthy Kids," a nutrition education program offered in cooperation with Sarasota County libraries "Born to Read" program and the Sarasota County Extension Service.

The "Born to Read" program was established to help parents nurture their baby's love of reading and learning. The program introduces families to the public library and provides opportunities for parents to learn about the importance of reading to their babies from birth. Through "Born to Read," the Sarasota County Library System partners with local health care providers and other community agencies to provide new and expectant parents with library cards and books. "Growing Healthy Kids" is a sustainable nutrition education program for at-risk preschoolers and their families. The program centers on research-based nutrition information, healthy eating habits, nutrition, food safety, physical fitness and awareness of nutrition-related diseases.

First published in 1945, "The Carrot Seed" has been in continuous print since its creation and is regarded as one of the most popular children's books ever.

"'The Carrot Seed' is a wonderful book that has been used by parents to teach their kids to read for more than 50 years," said Libraries General Manager Sarabeth Kalajian. "The author's use of repetitive phrasing combined with the distinctive illustrations makes it a story to enjoy again and again."

For more information on the "Born to Read" program, contact the Sarasota County Call Center at 941-861-5000.