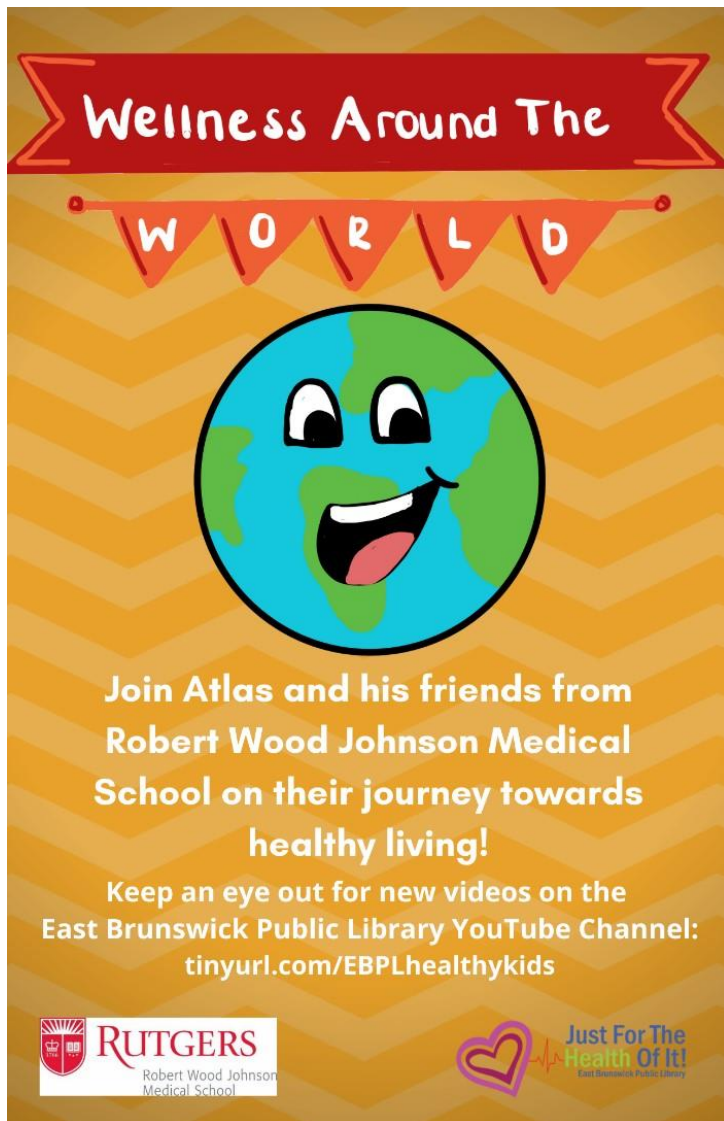


## Wellness Around the World – East Brunswick Public Library, NJ

by Sharon Rawlins, Youth Services Specialist for Lifelong Learning, NJ State Library

Sometimes partnerships can come from unexpected places. The East Brunswick Public Library in New Jersey launched a nutrition video series for children and their families or caregivers called Wellness Around the World in the spring of 2021 through a partnership with four female medical students from Rutgers Robert Wood Johnson (RWJ) Medical School in New Brunswick.



Atlas, the series' mascot, invites kids to join him as they learn about the delicious and healthy foods other kids eat in countries all around the world. So far, Atlas and the kids have traveled to Egypt, India and China. These countries were chosen based on statistics from the East Brunswick's public schools that showed that languages from these countries were spoken most frequently in students' homes. Not only are these short videos fun and entertaining, but the medical students quiz the kids on key nutritional facts that they've learned from the videos - and provide the answers. The description box below each video on the East Brunswick Public Library's YouTube channel also has links to recipes, such as chana masala, buddha's delight, ma-po tofu or jian bing.

The library promoted this video series on its website, newsletters, and social media, and invited other member libraries in their library consortium to do so as well. They distributed flyers at outreach events, included them with their book bundles, and made them available at various desks and displays in the library.

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and how each of us is unique!



Find the playlist by scanning  
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[www.tinyurl.com/EBPLHealthyKids](http://www.tinyurl.com/EBPLHealthyKids)



Suzanne M. Klein, the library's Youth Services/Consumer Health Librarian, reports that, "Anecdotally, I can say the kids really like the videos." The medical students are asking that the kids and families complete an anonymous survey after watching each video to help them determine which countries they will visit next – and to see what the kids learned. The medical students are planning to cover many other countries in their future sessions, which they hope can be offered in person, not just virtually, once they feel safe doing so as the pandemic lessens.

- Wellness Around the World: Intro:  
<https://www.youtube.com/watch?v=LLwomM8CH2A&list=PL3zFaZAZDa5hk3zVLydXmiuYZr7iNpwUa&index=29>
- Wellness Around the World: Atlas Travels to Egypt:  
[https://www.youtube.com/watch?v=G\\_9avm9ca4w](https://www.youtube.com/watch?v=G_9avm9ca4w)
- Wellness Around the World: Atlas Travels to India:  
<https://www.youtube.com/watch?v=r1fzeAvqEk>
- Wellness Around the World: Atlas Travels to China:  
[https://www.youtube.com/watch?v=bRkWyv\\_swk4](https://www.youtube.com/watch?v=bRkWyv_swk4)