

Find what you want in WorldCat

A virtual buffet of recipes, tips and health information

For centuries, cooking has been an art. Mix in today's health concerns and cooking has become a very important part of our daily lives.

That's where WorldCat can serve as your personal culinary consultant. Search it for gourmet recipes. Ethnic bakery tips. Nutrition information. Even diet and exercise resources. You'll get your fill with WorldCat.



COOKING AND NUTRITION

What you can find

- Ethnic recipe books
- Cooking Web sites
- Kids' cooking videos
- Articles on nutrition for different age groups
- Food-based computer games
- Interactive cooking lessons

Let's get started!

1. Ask a librarian to help you bring up a WorldCat search screen on a library workstation, or visit www.worldcat.org from your computer at home or work.
2. Enter a keyword such as subject, title or a person's name and click **Search**. Click on the title of an item that interests you to learn more about it.
3. Inside the library, you can follow a link to our online catalog to see if the item is available. On worldcat.org, enter your location and click on the name of this library or another nearby library.

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WorldCat is the world's largest database of library collections

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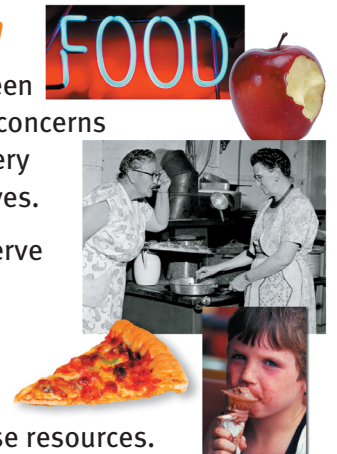
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Calling all pastry chefs

Okay, we admit it: we like food, especially dessert. We like to cook it; we like to eat it. But as health-conscious citizens, we know there's a priority these days on nutrition and lifestyle choices, too. Here at [INSERT LIBRARY NAME], we can support your foodie needs-from the best avocado salads to zebra mussels.

How? Through WorldCat. When you use WorldCat.org online or in the library, you can see instantly what materials we have here in [INSERT TOWN/COMMUNITY NAME], and what's available through interlibrary loan.

Let the library and WorldCat serve as your personal culinary consultant. Search it for gourmet recipes. Ethnic baking tips. Nutrition information-even diet and exercise resources. We have recipes books, kids cooking Web sites and videos, food-based computer games, interactive cooking lessons and more. For anyone who's ever wanted to know how carrots are grown, the perfect carrot cake recipe, or even a great workout for after indulging in the perfect carrot cake-your local library is the place to look.

Find it in here in this library or around the world, through WorldCat.