

# Vegetables in the Hotdish:

Using popular reading collections, study breaks, and wellness programming to reach students before and beyond the research paper

ARLD Day - April 24th, 2026



[z.umn.edu/libraryveggies](https://z.umn.edu/libraryveggies)

 **LIBRARIES**  
UNIVERSITY OF MINNESOTA



# The squad

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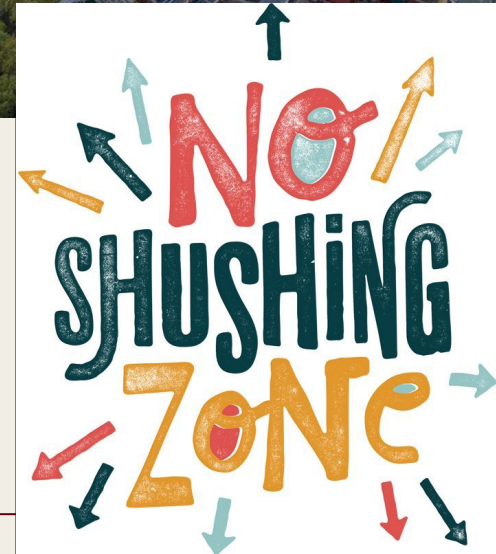


# Get to know each other

- Introduce yourselves and answer the following questions:
  - What is a favorite family recipe?
  - What is a vegetable you hate?

# Background

- University of Minnesota-Twin Cities
  - Minnesota's only land-grant research university
  - 50,000+ Students, 30,000+ undergraduates
- What's going on with our students?
  - Fewer school libraries & hidden curriculum
    - Negative or no library experience
    - Misconceptions about Academic Libraries
      - Stuffy, intimidating, unwelcoming
  - Busy, messy, stressful student lives



# Meal plan and kitchen prep

The State of our Kitchen - What challenges do we have to be mindful of?

- Lack of “Ingredients”
  - Time pressures
  - Staffing
  - Vibes
  - Budgets

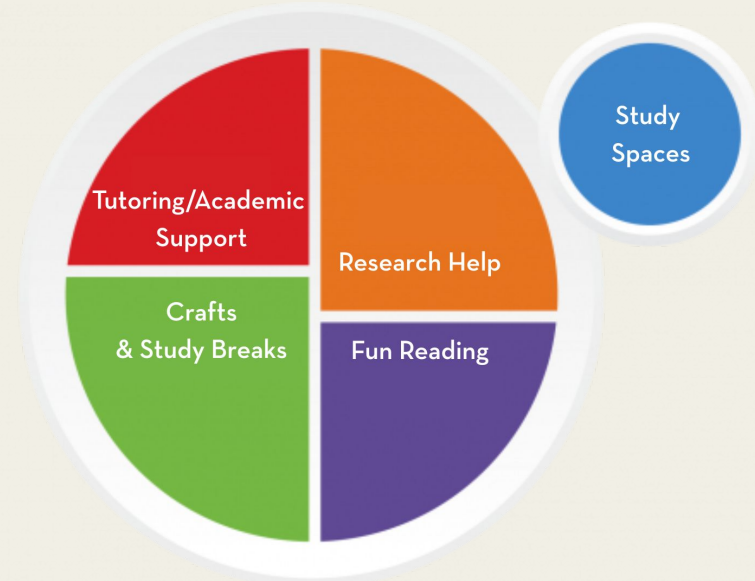
What are your constraints?

What is the state of your kitchen?



# Balanced Diet

- Students don't view their college experience as academic vs fun
- Supporting mental health
- Emphasis on “whole student”
- Micro-breaks
  - Brain reset helps maintain focus while working
  - Improves memory & productivity



# The Recipe

- Trauma-informed principles from SAMHSA (inspired by COVID collective trauma)
  - Safety
  - Trustworthiness and transparency
  - Peer support
  - Collaboration and mutuality
  - Empowerment, voice, and choice
  - Cultural, historical, and gender issues

**Mindful of the moment  
+ constraints  
+ balanced diet  
+ cheap + cheerful**

**=**

# HOTDISH



# PAWS

- Animal therapy program promoting student wellbeing and mental health
- New twist: co-host events alongside PAWS to boost attendance and cross promote
- Transfer student resource fair, reading party, public library



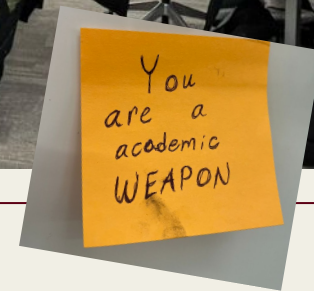
# Reading Parties

- Celebrate and promote fun reading
- Sense of community
- Partnership with book club and promote library collections/events



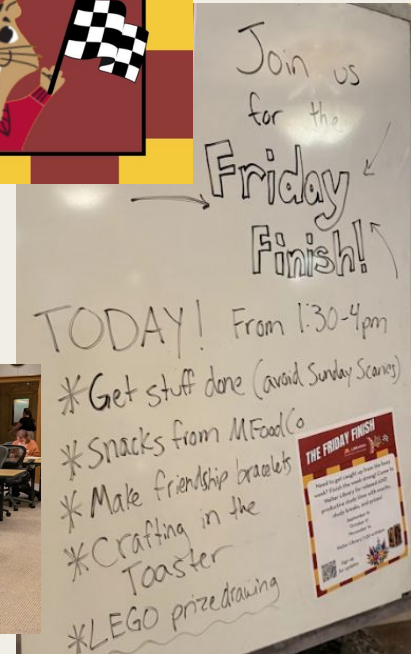
# Long Night Against Procrastination

- Last week of classes before finals
- Productivity and group accountability (all in this together!)
- Guided study breaks lead by student orgs
- Pizza and allllll the study snacks!



# The Friday Finish

- Promote student wellness and build strong study habits
- Finish the week on a positive note to avoid the “Sunday Scaries”
- Series of recurring events (branded)
- Early undergrad audience
- Academic resource partners (tutoring, research help, writing center)



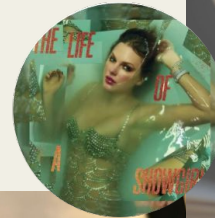
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What is your favorite  
condiment or sauce?

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# Secret sauce

- Lots of (as easy as possible) promotion - before, during and after
  - Canva (reuse posts as posters)
- Choice and flexibility for students to participate in ways that make sense to them
  - Multi-tasking - lots of laptops out
- Snacks and food (a little can go a long way)
- Build up list of activities you can re-use, customize
  - Button making, bracelet making, etc.
- Lean into campus or annual traditions like football, Halloween, TS12, January etc.



*Cozy Winter*  
**READING PARTY**




Friday, January 24  
3-4:30pm  
Walter Library Upson Room (1st floor)

Spend a cozy afternoon relaxing and reading in the unique Upson Room (room 102) at Walter Library! Bring a book to read, select one from a pop-up library of fun books, try the Libby app for fun ebooks or audiobooks, or just come hang out with fellow readers.

The poster features a background of warm, glowing lights and a blurred image of an open book. The text is arranged in a clean, modern layout with a mix of fonts and colors.

# Cooking up your own recipe

1. What are the most appealing services or spaces at your library?
2. What are the vegetables (e.g. healthy/helpful but less appealing)?
3. Do you have a secret sauce?
4. How can you imagine blending these ingredients?

<i>Recipe Card</i> From the Kitchen of: 	
<b>Ingredients :</b> What are the most appealing services or spaces at your library?	<b>Instructions :</b> Do you have a secret sauce?
 What are the vegetables? (healthy/helpful but less appealing)	 How can you imagine blending these ingredients?



# Takeaways - What does your recipe look like?

- What do YOU do well? What do YOUR students like?
  - Remix and repeat
- Lots of promotion and recap
- Short events - 60-90 minutes
- Get feedback from students on what they like (or notice what their behavior)
  - QR codes! ([view example](#))
- Debrief then plan each semester.
  - Take the best and repeat.
  - Take advantage of opportunities to try new ideas - YOGA



# Ask and email us with any questions!

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