

## February 2013: Helping Kids Give Back

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### Helping Kids Give Back and Limit Screen Time

Nurture believes that giving back to the community inspires joy and self esteem. Engaging kids in healthy cooking and active play sets the stage for making healthy choices. Nurture and [Peapod](#) are happy to provide these opportunities for kids during our 4th Annual Screen Break event. Kids will make non-perishable soup mixes for Northfield Township Food Pantry patrons, learn about and make healthy snacks, and burn off some energy. When it's so fun, limiting screen time is easy!



**Tuesday, March 5<sup>th</sup> from 4 – 5:15pm**

Winnetka Presbyterian Church

1255 Willow Ave, Winnetka, IL

For kids ages 4 – 13

\$15 per child to cover the cost of food and supplies

The logo for Peapod, featuring the word "Peapod" in a black, serif font. The letter "o" is replaced by a green, 3D-rendered pea with a small stem and leaf. A registered trademark symbol (®) is located to the upper right of the word.

[Click here](#) for details on how to register for this event. Questions? Contact Lisa Brewer at [lisa@nurtureyourfamily.org](mailto:lisa@nurtureyourfamily.org) Space is limited so register soon!

### Update from Nurture Idaho



Blaine County Nurture school programming is expanding! Thanks to our wonderful leaders and volunteers, strong partnerships and the generosity of [our donors](#) Nurture is expanding school programming at Bellevue Elementary and Woodside. We're also planning a school wide Rainbow Day at Hemingway to inspire kids to eat more fruits and veggies. [Click here](#) to read more.

## For Our Volunteers

Lexi Tracy, who is getting a Master of Arts in Teaching in Elementary Education, started volunteering with Nurture in the fall so she could get teaching experience in a bi-lingual setting. She now teaches at Oak Terrace Elementary in Highwood for both Nurture and the school. Nurture works hard to match volunteer assignments and projects to the skills and desires of our volunteers. The passion it inspires is the reason for our success!



To learn more about how you could volunteer with Nurture, contact Bonnie Masterman, [bonnie.masterman@gmail.com](mailto:bonnie.masterman@gmail.com). Also, [click here](#) to see some examples volunteer opportunities in Illinois.

## Featured Recipe: Ham, Broccoli, and Cheddar Frittata



Some nights you need to get dinner on the table fast! Here's a tasty, simple recipe that fits the bill. This recipe was inspired by our partnership with Top Box Foods and The K.L.E.O. Center. We wanted to show how easy it is to use [Family Top Boxes](#) and [Top Box Garden](#) to create affordable, nutritious, fast meals that kids will love! Since many of the ingredients may be in your fridge already, this is a great recipe for when you don't have time to shop. It's very flexible – substitute turkey for ham, skip the meat altogether, use the veggies you have on hand. The possibilities are endless!

1.5 cup frozen chopped broccoli  
6 eggs  
2 T half n half (optional)  
1/4 tsp salt  
black pepper, to taste  
1 tsp oil, divided  
1 cup diced ham  
2.5 oz sharp cheddar cheese, shredded

1. Preheat the broiler.
2. Cook the broccoli according to directions on the bag and drain. Meanwhile, beat the eggs, half n half, salt, and pepper together and set aside.
3. Heat an oven safe pan to medium. Add half of the oil and sauté the ham until it starts to brown.
4. Reduce heat to low-medium heat, add the broccoli back into the pan and spread everything out into an even layer.
5. Add the remaining oil to the pan and pour the eggs over the ham mixture. Cover with a lid and cook until eggs are mostly cooked.
6. Remove lid, sprinkle with the cheese, and put pan under broiler until the eggs have finished cooking and the cheese is melted and golden. Remove from pan and cut into 6 slices.

(Note: if you do not have an available broiler, you can finish the frittata on the stove top. After adding the cheese, put the lid back on and allow the eggs to finish cooking. Just make sure to keep the heat low or the bottom will burn before the top is finished cooking)

Enjoy!

Sincerely,

**The Nurture Board and Leadership Team**

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Nurture  
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