



# Nurture Idaho Programs Monthly Update-October 2013

## ***A note from Nurture's Executive Director Kathryn Guylay:***

Fall has officially arrived in the Wood River Valley, surprising us with our first dusting of snow. Yes, we've already broken out our winter jackets (though we continue to hope for one last blast of warmer temps). On the work front, [our calendar](#) is now filled up with Food & Fun programming dates at our local schools. In addition, we've taken on a new after-school program with I Have a Dream Foundation, a wellness camp for military vets with Higher Ground, and a new initiative called Let's Move Ketchum. We're busy, but it's a great busy.



## ***Join the Fun With Our New [Nurture Idaho Facebook Page!](#)***

Don't forget to LIKE our [Facebook page](#) to get our latest updates, event reminders, recipes, photos and more.

## ***Nurture and Higher Ground Team Up to Teach Healthy Slow Cooker Cooking to Military Vets***

Following on the heels of [our summer collaboration](#), Nurture Idaho and [Higher Ground Sun Valley](#) (HGSV) are joining forces to offer Healthy Slow Cooker Cooking to military vets at the Higher Ground Wellness Camp in Stanley, Idaho. This program takes place during the second week of October.



Nurture's newest nutrition educator [Kami Miller](#) will be teaching two classes to a group of six female military veterans with Traumatic Brain Injuries (TBIs) or Post Traumatic Stress Disorder (PTSD) and their spouses. One class will cover the basics of using a slow cooker to prepare delicious, healthy and affordable meals such as [Overnight Oats](#). The other will teach the families how to prepare wholesome low-sugar snacks and treats that nourish the body *and* satisfy sweet cravings.



We are so excited to continue our work with Higher Ground (formerly Sun Valley Adaptive Sports), a local non-profit that provides inclusive therapeutic recreational and educational opportunities to children, teens and adults with disabilities. After such a great experience with the kids and young adults at the HGSV summer camp, we can't wait to meet Higher Ground's newest participants.





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## ***New After-School Program With "I Have A Dream" Foundation***



Starting in November, we will be teaming up with the "I Have A Dream" Foundation to teach Food & Fun to forty 4<sup>th</sup> graders in the Woodside Elementary after-school program. The program, which will run through May 2014, will include one to two classes a month. "I Have A Dream" empowers children in low-income communities to achieve higher education by providing them with guaranteed tuition support and equipping them with the skills, knowledge, and habits they need to gain entry to higher education and succeed in college and beyond.

## ***Nurture Collaborates on [Let's Move! Ketchum](#)***

In September, Nurture helped Ketchum City Councilman Michael David sign up for *Let's Move!* Cities, Towns & Counties. The initiative involves committing to five goals designed to reduce child obesity and create long-term improvements in health. The goals will address food choices in schools, after-school and rec programs, and other venues.



## ***Will You Be Our Date for Food Day 2013!?!?***

Food Day is coming up on **Thursday October 24!** You must reserve your **FREE TICKET** to attend our screening (5:30pm) of the award-winning "What's On Your Plate?" documentary. Children (appropriate for K-8 students) will receive a **FREE** plush potato toy. All attendees will have the option to tour the Community School gardens in advance of the movie (5pm) and taste samples of delicious, local foods afterward! **Our events have a history of filling up**, so don't delay in [making your reservation today!](#)

## ***FREE Food Day Cookbook Available Online***

The [Food Day Cookbook](#) contains tasty, healthy, and affordable recipes from some of America's top chefs including Mark Bittman, Ellie Krieger, Emeril Lagasse, and others. Download a copy and share some delicious food with your friends and family on Food Day and every day! We especially love the Couscous Salad with Dried Cranberries and Pecans.



## ***Find Fun & Festive Recipes on Our Nurture Idaho [Pinterest Page!](#)***

Be sure to check out our new [Pinterest page](#) for healthy breakfast, lunch, dinner and snack ideas, plus fun and wholesome treats for the Halloween party and more!