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January 2011: A New Year Begins

We are excited about all of the great work we are planning for 2011. Read more to learn more about how you can get involved in helping families improve their nutrition and health.

Spotlight on Our Agency Work: Family Network of Highland Park

Nurture is pleased to spotlight our collaboration with Family Network of Highland Park. Family Network's Right from the Start program aims to assist Latino expectant mothers throughout their entire pregnancy. Family Network provides a variety of services ranging from nutrition information to prenatal and financial education to infant safety guidelines for resource-limited expectant mothers. For more information about Family Network and the Right from the Start program, please visit

www.familynetworkcenter.org. Since early 2010, Nurture has been conducting programs with both the prenatal clients of Family Network as well as Families with Children. We are pleased to announce that **Nurture has received renewed funding through a 2011 Nutrition Grant Award from the Consumer**

Wellness Center. \$1,000 will buy rice cookers and wholesome food for 40 to 60 expectant mothers who are low-income Spanish-speaking residents of the Highland Park/Highwood area.

Family Network's staff, including Nora Barquin and Bertha Chavez, will collaborate with Nurture to deliver the educational program each month. If you would like to come and observe Nurture/Family Network in action or get involved in a hands-on way, please contact Kathryn at KG@nurtureyourfamily.org



- Read about the Prenatal Program in the press! [December 2010.Chicago Trib Local: Nurture Grant Renewed to Continue Nutrition Education Program to Expectant Mothers](#)

- [Read about the grant, including the other six organizations selected worldwide to receive this funding: Children around the world benefit from Consumer Wellness Center nutrition grants](#)

Celebrate Martin Luther King Day of Service with Nurture



On Monday, January 17th, from 9am – 1pm at the



Recreation Center of Highland Park, 1207 Park Ave West, Nurture will participate in Highland Park's Martin Luther King Day of Service charity fair where community members participate in activities to give back on their day off. At Nurture's booth residents will scoop non-perishable soup ingredients and spices into baggies and assemble a recipe booklet which includes fun nutrition facts and

exercise suggestions. These will be donated to the Moraine Township Food Bank. At a second station they will assemble bilingual wellness activity books for North Shore Health Center. We will have samples of the soup and an information booth for residents to learn more about Nurture's activities. This booth was made possible by the generous contributions of Extra Space Storage, First Bank of Highland Park, District 112, Garden Fresh Market, Sunset Foods, Moishe and Isaac Kosher Deli, Whole Foods, and Staples. If you'd like to help at the booth, please contact Lisa Brewer nurturelakeco@gmail.com

Cooking Class at Whole Foods Market in Deerfield

Are you curious about Nurture's approach to cooking simple, delicious, nutritious and economic meals? Nurture is so very grateful to Whole Foods Market's Deerfield and Northbrook locations for their generous support of Nurture through the November/December store initiative:

[Bag Hunger!](#) Our next step with our Whole Foods/Nurture

collaboration? We are now able to offer a Nurture Cooking Class

(focused on the Rice Cooker) at the Deerfield location's store on Tuesday, January 25th from 7pm until 8pm. Please [read more about it in the Deerfield Trib Local!](#)



Nurture's Recipe of the Month: Holiday Granola



This year, make a simple resolution to add one new recipe to your breakfast routine and here's one to try: Holiday Granola is a blend of the special flavors of the season. Hints of orange, cinnamon, cloves and ginger infuse a jumble of dried fruits, nuts and oats. It's easy to make and keeps well in the freezer. It's a quick breakfast with milk or over yogurt or sprinkled over warm applesauce on a

cold wintry morning. The recipe yields enough to bag up and share with friends and it makes a thoughtful gift. We served samples of this granola at the Northbrook and Deerfield Whole Food stores and it was a big hit! [Please click here to view the full "Holiday Granola" recipe \(PDF\).](#)

We wish everyone a Happy New Year!

Sincerely,

The Nurture Board

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