

Cooking up Fun with Nurture's "Young Chefs" Cooking Class for Kids



Gina Gooden helps some little chefs make "Fiesta Casserole"



Steffanie Danby (third from left) watches as the beans, rice and other ingredients are mixed together.

Kids learned about healthy eating and helping others at the "Young Chefs" cooking class on March 11, 2010. JLE-NS partnered with the non-profit Nurture to host the class at Winnetka Presbyterian Church, as part of TV Tune Out week. During this hands on cooking class, 40 children prepared easy, healthy and tasty meals for their families and for 150 residents of the Jonquil Hotel, a single room occupancy residence operated by Good News Partners in Rogers Park. Many League volunteers enjoyed the event with their own children, who learned about how food can affect our bodies. When asked about the class, Matina Vasilatos, the 6 year old daughter of member Dena Vasilatos, said, "I had a lot of fun making the food for the hungry and learned a lot about food. I never knew there were slow foods and fast foods. The fast foods are the healthy foods like fruit, veggies and yogurt, which helps us run fast and give us a lot of energy. Slow foods, like dessert and stuff, slow you down and make you sleepy."

JLE-NS' relationship with Nurture began last year when the League provided a grant to the organization in its first year of operation. We are happy now to be building on that relationship through the contribution of our volunteers' time and energy. To learn more about Nurture's mission, please visit their website at www.nurtureyourfamily.org.

Thank you to the JLE-NS volunteers who helped make this fun and educational event a huge success: **Steffanie Danby, Stephanie Fine, Gina Gooden, Liz Jost, Kate Kligora, Amy Maher, Emily Marshall, Jeanni McCormick, Tracy Reeder, Elizabeth Thomas, Brandy Todd and Dena Vasilatos.**



Kathryn Guylay, Executive Director of Nurture, leads the class of 40 kids, who were assisted by 12 League volunteers.

Food costs for the residents of the Jonquil Hotel were generously underwritten by Peapod Grocers. Thanks also go to Winnetka Presbyterian Church for providing the space for the Young Chefs class.

Emily Marshall, Community Director