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SEP 2009 | BY LIZ LOGAN | [COMMENTS \(0\)](#)

Help Low-Income Families Cook Healthy Meals with Nurture

TAGS: [Nurture](#), [volunteer](#), [Kathryn Guylay](#)

Do you love to cook and are looking to volunteer? If so, the nonprofit Nurture, founded by Winnetka resident Kathryn Guylay, may be the perfect fit for you.



Nurture provides cooking classes to low-income families, teaching them how to make quick, easy and healthy meals on a tiny budget, primarily using combinations of inexpensive grains and broth in slow cookers and rice cookers. The classes are held at the Northfield Township Food Pantry and, most recently, Family Focus in Evanston.

To see a recipe from Nurture, click [here](#).

Give time: Nurture is always seeking volunteers, and is holding its fall volunteer orientation on Oct. 11. Here are the details:

When: Oct. 11, 2009, 2-4 p.m.

Where: 18 Indian Hill Road, Winnetka (the home of Jeff and Kathryn Guylay)

What: Kathryn and some of the organization's board members will walk through a typical Nurture class, taste recipes, discuss roles that need to be filled by volunteers, introduce committee work, and connect with others that share a passion for cooking, nutrition and good health.

Please e-mail Kathryn@guylay.com to RSVP.

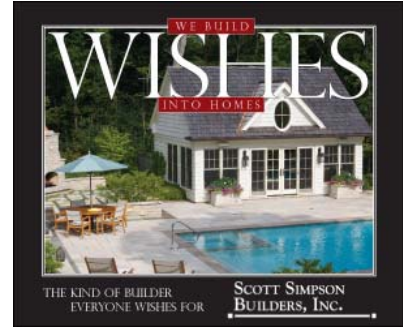
Give things: Nurture is always seeking donations of the following items. Materials can be dropped off at the organization's collection box at the Winnetka Community House, 620 Lincoln Ave., Winnetka. Gently used goods (with the exception of food, of course) are valued and appreciated.

Cooking equipment

- Rice Cookers
- Slow cookers/ crock pots
- Meat thermometers
- Hand (immersion) blenders
- Steamers (steam baskets)
- Pots and pans
- Knives
- Oven mitts
- Towels
- Mixing bowls
- Other appliances such as bread makers, waffle makers, hand mixers, blenders, etc.
- Other kitchen tools such as cutlery and accessories (spatulas, slotted spoons, etc.)

Non-perishable food staples

- Grains (millet, brown rice, oats, bulgur, quinoa, barley)
- Beans (dried, canned)
- Split Peas, lentils
- Olive oil, nuts
- Vegetables (canned)



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- Fruits (canned)
- Spices (salt, pepper, cumin, thyme, etc.)
- Condiments (sauces, etc)
- Salsa (jarred)
- Broth
- Crackers (no hydrogenated oils)
- Nut butters/ jellies (no hydrogenated oils or high fructose corn syrup).

Fitness equipment

- Running shoes
- Athletic attire
- Pedometers
- Heart rate monitors
- Dumbbells
- Bands
- Mats
- Athletic toys (balls, games, etc.)
- DVDs, etc.

Give support: Nurture is holding its **Fall Harvest Gathering** on Oct. 10, featuring the North Shore's own Jeanne Pinsof Nolan, who will share her tips from her years as "The Organic Gardener" and project manager for Green City Market's Edible Gardens in Lincoln Park Zoo. It's a perfect time to show your support.

And if you can't make the event, you can still make a donation. Just mail a check payable to Nurture to P.O. Box 160, Winnetka, IL 60093.

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about the author

Liz Logar

Liz Logan recently earned her master's from Northwestern University's Medill School of Journalism. Her writing credits include Time, The Cleveland Plain Dealer, Time Out Chicago, and Poets & Writers. When she's not writing about the arts and food, Liz bakes killer chocolate-cranberry-almond-pistachio biscotti and pumpkin-chocolate-chip muffins.

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