A note from Nurture’s Executive Director, Kathryn Guylay:

Happy December to all Nurture Volunteers! We hope you were able to join us at the 12/7 party, which was a fun and fantastic way to honor board member Emily Hadley (who is moving to Texas this week). We will all miss Emily dearly, but we are committed to keeping in contact with her virtually! If you missed the party, please make sure to print off the last page of this newsletter, which is a volunteer interest form for 2010, and send it to: Stacey Patillo healthcounselor@staceypatillo.com. There are so many new opportunities for you to get involved in this year—are much demand for our programs!—but we can’t run them without your help. If you have any questions whatsoever about what the opportunities involve in terms of time investment, please do not hesitate to contact me at kathryn@guylay.com. As we get into the holiday season, I wanted to tell you all about a wonderful and heart-warming event that Nurture was able to get involved with over Thanksgiving weekend. I heard that the Youth Ministry of our church was going to serve a meal to homeless people in transition at the Interfaith House in Chicago. I contacted the head of the Youth Ministry and asked her what they had planned. She told me that they planned to buy pre-made meals from a local store and serve these. I asked her if she was open to trying something new—a home cooked meal based on Nurture recipes. She completely embraced this idea, and we ended up cooking chicken, barley and carrots in slow cookers and delicious lentil salad in rice cookers during our church’s Sunday worship service. The entire congregation was able to participate in this event just by smelling the food, and more people than ever before showed up to serve it that afternoon. Our church was so impressed by what we able to make for this group of 75 people at merely $5 a head, they are now asking, “how can we get more involved with Nurture? How can we work together? How can we help?.” I urge you as our “Ambassadors of Nurture” to always be on the lookout for new opportunities for how Nurture can help our local communities. All it takes is some passion and energy. So that’s my new recipe for 2010 to you all: One part Nurture knowledge and expertise + one part passion/energy for a cause (your help) + one part need to be addressed in the community = a way to make our world a better place to live in (healthier, happier people).

I look forward to taking part in all of your recipes creations in 2010!

Fondly,

Kathryn
A Note about the Elevator Speech

Those of you that attended the 12/7 volunteer appreciation party were able to benefit from a “mini workshop” Kim Treger did on the importance of a polished “elevator speech”. What is an elevator speech? It is a concise way that you can explain our work at Nurture in the time it takes for an elevator to travel several floors (or in our case, the time you have when you are interacting with friends at the hockey rink/soccer field or various social gatherings). Kim emphasized that all of you, our volunteers, are the most important ambassadors of Nurture--- critical to getting the word out about what we do in helping our local community. So the next time someone asks you, “I hear you are involved in Nurture—what is it all about?”... be prepared with your very own polished elevator speech. Here are a few tips to help you:

“Nurture provides low income families with nutrition and health education through the format of a fun, hands on cooking class!”

Next level: “Nurture’s mission follows the proverb, give a man a fish and feed him for a day; teach him to fish and feed him for a lifetime”- - “We combine our cooking classes with philanthropy—giving families cooking equipment such as rice cookers and slow cookers along with cooking ingredients to help them make healthy, nutritious meals at home.”

Next level: “We also have a fitness component to our curriculum, as we believe that fitness can be fun and should be incorporated into a healthy lifestyle.”

Next level: “We focus on basic food groups such as whole grains, beans, lentils, split peas and fruits and vegetables. Our recipes can be prepared on a food stamp budget.”

Before you get to the top! (if the person you are speaking to shows interest): “Would you like to learn more? What are your interests? We work in various suburbs from Evanston to Highwood to Glenview and various age groups-- kids, teens and adults. We are always looking for resources, both funds and hands on help. We’d love to get you involved! Check out www.nurtureyourfamily.org for more information!”

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Important 2010 Dates

Northfield Township Food Pantry (NTFP) Spanish Classes*. Held at St. Phillip Lutheran Church at 1609 Pfingsten Rd., Glenview
Tues. 1/12
Tues. 1/26
Tues. 2/9
Tues. 2/23

Desde El Principio Spanish Classes. Held in Highland Park
TBA

School Programs
TBA

Spring NFTP at St. Phillip *
Tues. 3/23
Tues. 4/13
Tues. 4/17
Tues. 5/4

*All classes are from 6:30pm to 7:45pm

Please contact Kathryn Guylay if you’re interested in participating in any of the above.
From the Fundraising Committee

It is that time of year when we need to count our blessings, but also recognize that there are so many others in need. As you think through your holiday giving plans, we at Nurture urge you to consider making (even if just a small) financial donation to Nurture to help us gather the funds we need to meet the demand for our programs. As you may know, a mere $15 will allow us to buy a rice cooker that will help a family make home cooked breakfasts, lunches and dinners for years to come. If you can donate more, think of all the people you could help! Donations in check form (payable to Nurture) can be mailed to Nurture, P.O. Box 160, Winnetka, IL 60093, or you can donate through PayPal by clicking this link http://www.nurtureyourfamily.org/id48.html. Remember, we make the very most of your donations! Nurture does not pay any salaries and has minimal overhead. One of the greatest benefits of local philanthropy is the knowledge that you have made a difference in the lives of people in your community. We look forward to all the new opportunities that have been offered to us. We are limited only by what time we can give and by the funds we have to make our programs come to life. Thank you!

Accountant: Nurture’s finances and tax filings are getting more and more complex. Can everyone please think about ways to engage a philanthropic-friendly contact of yours for Nurture? Pro bono or a reduced fee would be ideal.

¿ Hablas Espanol? We still need Spanish speaking volunteers to help with the Nurture in Spanish program.

Linguistic Architect: Can your writing skills make a snowman sweat? If so, we could use your help with grant writing!

In order to participate as a volunteer Nurture is legally required to have signed volunteer waivers. Please sign and send your volunteer to Stacey at healthcounselor@staceypatillo.com if you haven’t already: www.nurtureyourfamily.org/sitebuildercontent/sitebuilderfiles/volunteer_waiver_oct09.pdf

Thank You!

Nurture in the News

These Triblocal stories are great to forward to friends and family!


2010 Volunteer Interest - We need your help!

We are looking for **leadership** of the following initiatives (please check all boxes that apply):

These are **SINGLE day initiatives**:

- Winnetka Alliance – TV Tune out (March 11, 2010)
- Nurture “Retreat”* at the Northfield Township Food Pantry (date TBD by you).
- Nurture Adult Class at the Salvation Army in Evanston (date TBD by you)
- Nurture Adult Class at the Infant Welfare Society of Evanston (date TBD by you)
- Nurture Adult Class at Good News Partners in Rogers Park (date TBD by you)

* Nurture kids and adult classes held together at the same time.

We are looking for **leadership** of the following initiatives (please check all boxes that apply):

These are **ON-GOING initiatives**:

- Northfield Township Food Pantry programs (English/Spanish) -circle one
- Family Focus – Teen Mother Program / Middle School Program – circle one
- “Crock Pot Initiative” with Campus Kitchens of Northwestern University (new for 2010)
- Good News Partners in Rogers Park Program (new for 2010)
- Family Network of Highland Park (Spanish Program – new for 2010)
- Oak Terrace School in Highwood (new for 2010)
- New Trier Township Food Pantry (new for 2010)
- Family Promise Initiative with North Shore Churches (new for 2010)

**I am interested in the following committees** (please check all boxes that apply):

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<thead>
<tr>
<th>Communications</th>
<th>Food/Recipes</th>
<th>Nurture on TV</th>
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<tr>
<td>Community Outreach</td>
<td>Finance/Accounting</td>
<td>Nutrition</td>
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<td>Spring Benefit</td>
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<td>Grown Your Own Food</td>
<td>Legal</td>
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<td>Nurture in School</td>
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<td>Recruitment</td>
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**Please answer on the reverse side:**

1. Are there any social service agencies or schools that you think would be interested in the Nurture program that you would like to liaison to?
2. Are you affiliated with a faith-based organization that might like to learn more about Nurture (with you as the liaison?)

**Thank you!**