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## NURTURE empowers families with nutrition education

(<http://www.pioneerlocal.com/evanston/lifestyles/trend/1720603,trend-nurture-082009-s1.article>)

August 20, 2009

Nurture (Nutritional Upgrading Realized Through Underwriting, Resources and Education) held its first annual fundraiser on May 30 at the home of Kathryn and Jeff Guylay of Winnetka.

The event, which gathered over 150 guests, raised over \$10,000 to fund the program's growth.

Nurture, in collaboration with the Northfield Township Food Pantry, provides limited-resource families with food, cooking classes, nutritional education and cooking equipment. Nurture's mission is to empower families with the resources and education necessary to provide healthy, home-cooked meals that can be prepared on a limited budget, with limited resources, and within a limited time frame.

Wholesome foods

Guests listened to live piano music played by musician Zoya Sadkhin as they sampled home-made canapes prepared with the wholesome, healthy foods the Nurture program promotes. Some of the favorites included curry dhal in endive, tabouli-stuffed tomatoes and sweet pea sesame bites.

North Shore attendees included board member Colleen Scopacasa and Frank Scopacasa of Green Oaks plus supporters Nancy and Peter Barnes of Libertyville, Henry and Carla Dziechciarz of Ivanhoe, hosts Jeff and Kathryn Guylay of Winnetka, Jill Brickman of Glenview, Cindy Dooley and Tia Rains of Wilmette, Stacey Patillo, Juliette Pomey and Jennifer Weigel of Evanston, Beth Busch, Julia Goodhouse and Georgie and Tom Gerarghty of Winnetka, Emily Hadley and Tev and Ken Bond of Northfield and Nancy Barnes of Libertyville.

"Nurturing" items

Guests tried their luck on a raffle featuring many packages of "nurturing" items from these individuals and businesses: Base 2 Peak Training, Beth Busch (personal trainer), Cara Zaruba (massage therapist), Chalet Garden Center, Mr. and Mrs. Henry Dziechciarz (tickets to the Goodman Theater), Elizabeth Matlin (Taste Buds Culinary Services), Evanston Athletic Club, Frank Kiesel Salon, Green Bag Lunch, Heather Sullivan (registered dietitian), Higher Gear, Ildiko Strbik (massage therapist), Inspiration Salon and Spa, Irit Steiner (Mayan Moon Acupuncture), Jon Kailey Salon, JP Bordeleau (personal trainer), Katherine Hackett (Mary Kay consultant), Massage Therapy Center of Winnetka, N9NE Steakhouse, The Noodle, Niyama Yoga, North Shore Yoga, Rolf Salon, Tick Tock Childcare Center, TL Fritts Sporting Goods, Tracy Lawrence-Black (yoga instructor), Trader Joe's, West End Florist and Whole Foods Market -- Northbrook.

The fundraiser was held as a zero-waste event, given Nurture's commitment to sustainability. Corporate sponsors were First Bank and Trust, BBJ Linens, The Junior League of Evanston-North Shore, Peapod and Schaefer's Wines, Foods and Spirits.

To learn more about Nurture or get involved, visit [www.nurtureyourfamily.org](http://www.nurtureyourfamily.org).

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