



November 2010

5% Day at Whole Foods Northbrook to support Nurture



Mark your calendars! Create your shopping lists! Stock up on all of your holiday baking staples! Stop and shop any time on December 8 at Whole Foods in Northbrook and 5% of your purchase will be donated to Nurture! Nurture's mission is to empower family members of all ages (children, teens and adults) with the tools and resources needed to prepare healthy and delicious meals, even when faced with limited time and budget. Our mission follows the proverb: Give a person a fish and feed them for a day; teach a person to fish and feed them for a lifetime. Nurture is a 100% volunteer managed organization so a little goes a long way! Thank you for your support and we hope to see you on Dec. 8th! For more information on Nurture, please visit www.nurtureyourfamily.org