

# Nurture



## SUPPORTING FAMILY HEALTH AND WELLNESS IN CHICAGO NORTH SHORE COMMUNITIES



## 2010 ANNUAL REPORT

## 2011 Nurture Board

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As a new year begins, I am always astonished to look back at the past twelve months and recognize how quickly time flies. I am even more inspired by what Nurture has been able to accomplish.

In 2010, we successfully launched school-based programs to reach children at a critical age and in a setting where they are most likely to rapidly absorb information. We initiated programming in Spanish, as we have found that this cultural segment fits in particularly well with our mission and approach. We have formed new partnerships and collaborations; and we have strengthened our ties and deepened our relationships with existing partners. During the spring, we initiated a "Grow Your Own Food" program which allows alumni participant families to take part in growing their own fresh fruits and vegetables.

With the themes of *wellness* and *nutrition* reaching ever-great heights, thanks in part to Michelle Obama and other high profile celebrities and chefs, we have found that we are challenged by the need to keep up with the demand for our programs.

As a young organization founded in 2008, we celebrated our second birthday by initiating a rigorous strategic planning process to ensure that we continue to grow in the highest quality fashion. We are excited for what this coming year has in store for us as an organization, and we are thrilled by your support of our work. We look forward to staying in touch.

With great appreciation on behalf of the entire Nurture Board,

Kathryn Guylay  
Founder & Executive Director



# Overview

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The Nurture 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 **local, grass roots** organization (Chicago suburban North Shore) founded in 2008 to address the issues of hunger, childhood obesity, wellness and an increasingly unhealthy food chain.

We focus on low-income families with children at high risk for nutritional and health problems. We are a **100% volunteer-managed organization** fueled by passion and energy to help others. We engage in helping the local community in a hands-on way.

Our mission is to empower family members of all ages with the tools and resources needed to prepare healthy and delicious meals, even when faced with limited time and budget.



# Nurture's unique focus on the parent *and* child is in high demand

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*There is a large and growing need for our programs*

<b>1/3</b>	One of every three children born after the year 2000 is overweight or obese and will develop diabetes if they adopt the typical American diet and (sedentary) lifestyle.
<b>300%</b>	Childhood obesity has <i>increased 300%</i> in the last three decades.
<b>10</b>	A person living in poverty loses an average of <i>10 years of life expectancy</i> as a result of their socio-economic position.
<b>30%</b>	Requests for food assistance <i>increased 30%</i> nationwide in 2009.
<b>13,000</b>	<i>More than 13,000 low-income kids</i> live near Nurture – from Evanston to Waukegan and west to Des Plaines.



*Nurture is doing great work to address this need*

<b>100%</b>	Nurture Programs have a <i>100% satisfaction rate</i> .
<b>70%</b>	Family Program participants noted a <i>70% improvement</i> in how they feel after completing our series.
<b>3,200</b>	Our programs currently <i>reach over 3,200 people</i> .
<b>\$0.30 - \$1.50</b>	Nurture meals cost between <i>\$0.30 - \$1.50 per serving</i> . These healthy meals are within reach, even on a food stamp budget!
<b>&gt;\$500,000</b>	Nurture is 100% volunteer managed. Our volunteers have <i>donated over \$500,000 worth of volunteer hours</i> to Nurture over the past year.



# Our Leadership Team

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**Lisa  
Brewer**



**Juliette  
Britton**



**Stephanie  
Fine**



**Gina  
Gooden**



**Beth  
Busch**



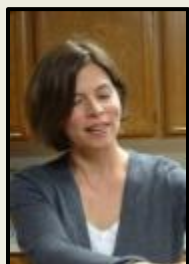
**Cindy  
Dooley**



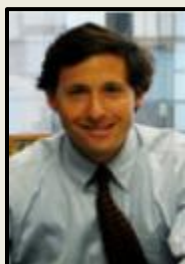
**Kathryn  
Guylay**



**Colleen  
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**Julia  
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**Jeff  
Guylay**



**Tia  
Rains**



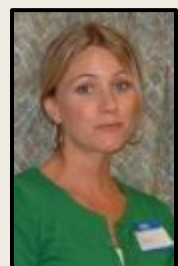
**Jenniffer  
Weigel**



**Stacey  
Patillo**



**Kim  
Treger**



**Heather  
Sullivan**





# We achieved our 2010 goals thanks to our partners, volunteers and supporters

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- **Goal 1: Launch School Programs**

- Children have the desire and capacity to retain a wealth of new and interesting information
- We introduced our curriculum into the school environment, where children spend most of their time
- We are teaching children how to make fun, delicious and nutritious foods and how to make healthy decisions

- **Goal 2: Provide programming in Spanish**

- Our Spanish language programs have become our most active and sought-after
- We focus on the tastes of the children – we developed tasty Latino based recipes built on our recipe frameworks
- We initiated an ongoing collaboration with Family Network

- **Goal 3: Launch the Grow Your Own Food Program**

- We collaborated with efforts already in place at St. Philip's Giving Gardens in Glenview
- We offer access to fresh, organic, seasonal produce to participating food pantry families
- We encourage community building and “family time” for our alumni families

- **We also launched our new website to significantly improve communications with our partners, volunteers and supporters!**



# Family Programs

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In 2010, Nurture partnered with four collaborative agencies to bring cooking, education and wellness to their families:

*Family Focus*  
*Family Network*  
*New Trier Township Food Pantry*  
*Northfield Township Food Pantry*

Across all programs, we saw common outcomes that benefit the health of participating families:

- After completing the programs, the majority of participant families **prepared and ate home cooked breakfasts and dinners** more often than before attending the classes (and included whole grains, fiber and more fruits and veggies)
- The biggest dietary changes we observed were increased consumption of:
  - Whole grains
  - Lentils and beans
  - Fruits and vegetables
- We also saw a consistent increase in enjoyment of meals and a decrease in consumption of fast foods
- The majority of participants felt a positive impact on their **understanding of the importance of taking care of themselves by preparing and eating healthier foods**
- **100% of participants had a positive experience in Nurture programs**





Program:  
**Family Focus**  
*Evanston, IL*

We held a series of classes for the Foster Parent client group of Family Focus in 2010. This year's class series focused on the rice cooker and tips for preparing delicious, nutritious family meals.

Date	Food Group or Nutritional Focus	Recipes Prepared
9/21/10	Whole grains	<ul style="list-style-type: none"><li>• Pumpkin Pecan Oats</li><li>• Sunshine Millet Oats</li></ul>
9/28/10	Fiber	<ul style="list-style-type: none"><li>• Lentil Tostadas</li><li>• Tabbouleh</li></ul>
10/3/10	Fruits and vegetables	<ul style="list-style-type: none"><li>• Lentil Spinach and Sweet Potato Salad</li><li>• Chicken Salad Taco</li></ul>

### Participant Comments

- "I enjoyed the program and I learned a great many things that I can use in my everyday life."
- "I feel it (the program) is a needed part of a complete education."
- "The rice cooker is so convenient and easy to clean. I adore it!"
- "I think anyone who takes this program can become better from it."
- "I have done a lot of cooking at home; now I am more encouraged to cook healthier."



Program:  
**Family Network**  
*Highland Park &  
Highwood, IL*

**Family Program**

We held several classes at various locations throughout 2010 for Family Network clients to reach participant families with young children.



Our work with Family Network was structured around slow cooker and rice cooker classes for families with young children.

Date	Food Group or Nutritional Focus
2/1/10	Rice cooker-breakfast
2/15/10	Rice cooker-lunch/dinner
3/1/10	Rice cooker-lentils
3/15/10	Rice cooker-split peas
4/5/10	Slow cooker 1
4/12/10	Slow cooker 2
4/19/10	Slow cooker 3
4/26/10	Conclusion



Program:  
**Family Network**  
*Highland Park &  
Highwood, IL*

**Prenatal Program**

Nurture and Family  
Network  
collaboratively  
reached ~40 prenatal  
families throughout  
the year.



Date	Food Group Focus	Recipes Presented	Class Theme
1/19/10	Whole grains (steel cut oats and millet)	<ul style="list-style-type: none"> <li>Tropical Breakfast Bowl</li> <li>Muesli</li> </ul>	Rice cooker- Breakfasts
2/16/10	Whole grains (Barley, quinoa and brown rice)	<ul style="list-style-type: none"> <li>Beans and Rice/Quinoa</li> <li>Barley sweet potato</li> </ul>	Rice cooker-Lunches and Dinners
2/21/10	Whole grains (oats and quinoa)	<ul style="list-style-type: none"> <li>Overnight Oatmeal Sundae</li> <li>Quinoa Chard and Broccoli Casserole</li> </ul>	Slow cooker-Breakfasts
2/28/10	Beans	<ul style="list-style-type: none"> <li>Vegetable Barley Soup</li> <li>White Bean Chili</li> </ul>	Slow cooker-Lunches and Dinners
3/7/10	Fruits and veggies	<ul style="list-style-type: none"> <li>Slow Cooker Apple Sauce</li> <li>Tomato, Mushroom, Zucchini Sauce with Brown Rice</li> </ul>	Slow cooker-Getting enough fruits and veggies
3/9/10	Lentils	<ul style="list-style-type: none"> <li>Lentil salad</li> <li>Lentils crostini</li> </ul>	Rice cooker-Lentils
3/23/10	Split peas, fruits and veggies	<ul style="list-style-type: none"> <li>Dhal</li> <li>Bulgur salad</li> </ul>	Rice cooker-Split peas
6/29/10	Whole grains (oats and whole grain cous cous)	<ul style="list-style-type: none"> <li>Apple Porridge</li> <li>Apricot Cous Cous</li> </ul>	Rice cooker-Breakfasts
7/26/10	Beans	<ul style="list-style-type: none"> <li>Bulgur Chick Pea Salad</li> <li>Sweet Potato Barley Salad</li> </ul>	Rice cooker-The importance of fresh produce
8/24/10	Whole grains (quinoa)	<ul style="list-style-type: none"> <li>Quinoa salad</li> <li>Tabouli</li> </ul>	Rice cooker-Easy salads
10/3/10	Whole grains (oats, millet)	<ul style="list-style-type: none"> <li>Pumpkin Pecan Oats</li> <li>Sunshine Millet Oats</li> </ul>	Rice cooker- Breakfasts
10/10/10	Lentils and Beans	<ul style="list-style-type: none"> <li>Lentil Tostadas</li> <li>White Bean, Orange and Jicama Salad</li> </ul>	Rice cooker-Getting enough fiber
10/24/10	Fruits and Veggies	<ul style="list-style-type: none"> <li>Lentil Spinach and Sweet Potato Salad</li> <li>Chicken Salad Taco</li> </ul>	Rice cooker- Getting enough fruits and veggies
11/2/10	Nutritional question and answer session with dietetics intern.		



Program:  
**Family Network**  
*Highland Park &  
Highwood, IL*

Nurture programming supported healthy pregnancies and healthy births. Program participants reported:

100% of the babies were born full term.

The average newborn birth weight was **7 pounds, 7 ounces**.

The median newborn birth weight was **8 pounds, 9 ounces**.



**Participant Comments (translated from Spanish)**

- “All (of the classes) were interesting because of the nutritional information. I learned to eat fruit with breakfast.”
- “It was great to learn about fruits and vegetables and how important it is for children to try them.”
- “(My favorite thing was) learning how to balance fiber intake and how to eat more vegetables.”
- “Everyone involved in this project has done excellent work; you can see by the satisfied participants.”
- “The food is very delicious and healthy! I loved all the classes.”
- “The classes were helpful in teaching me how to make vegetables and grains in a new way.”



Program:  
**New Trier Township  
 Food Pantry  
 Winnetka, IL**

Our collaboration with New Trier Township Food Pantry was new in 2010. We were pleased to offer a series of educational classes and a pantry stock evaluation.

Our pantry stock evaluation led to the creation of several dozen specific recipes with the goal of optimizing use of common pantry items.



Date	Food Group Focus	Recipes Presented	Class Theme
10/3/10	Whole grains (oats, millet)	<ul style="list-style-type: none"> <li>Pumpkin Pecan Oats</li> <li>Sunshine Millet Oats</li> </ul>	Rice cooker-Breakfasts
10/10/10	Lentils and Beans	<ul style="list-style-type: none"> <li>Lentil Tostadas</li> <li>White Bean, Orange and Jicama Salad</li> </ul>	Rice cooker-Getting enough fiber
10/24/10	Fruits and Veggies	<ul style="list-style-type: none"> <li>Lentil Spinach and Sweet Potato Salad</li> <li>Chicken Salad Taco</li> </ul>	Rice cooker-Getting enough fruits and veggies

### Participant Comments

- “Very kind, patient & communicative staff.”
- “The recipes are all fantastic.”
- “We tried great recipes and we were able to help make the recipes as well.”
- “My kids are eating my food for 1st time in 6-7 years!”
- “The presenters - very committed, friendly, accessible.”
- “I have tried almost all the recipes already. My kids love them! BIG THANKS!!”





Program:  
**Northfield Township  
Food Pantry**  
*Glenview, IL*

We held three class series in 2010, one in Spanish, one in English and the third as a mixed group.

All class series were focused on the rice cooker.

### Spanish Classes

Date	Topic
1/12/10	Breakfasts
1/26/10	Lunches
2/9/10	Dinners
2/23/10	Review



### English Classes

Date	Topic
3/2/10	Breakfasts
3/23/10	Lunches
4/6/10	Dinners
4/13/10	Review



### Mixed Classes

Date	Topic
11/7/10	Whole Grains
11/14/10	Fiber
11/21/10	Fruits and vegetables



### Participant Comments

- “(My favorite thing about the program was) learning that there is hope for me to cook better.”
- “I am so thankful we were provided with this equipment. They are all very useful.”
- “I exercise regularly but being reminded that at home I can exercise while just cooking or adding an ingredient was informative and fun. I do it all the time now! :)”
- “It was a great experience learning to make new healthier meals that my whole family will enjoy.”
- “The exercises taught were great because the kids could do them with us while making dinner.”





# School Programs

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In 2010, Nurture partnered with the following schools to bring education and wellness topics to students and their families:

*Dewey Elementary School  
Chippewa Middle School  
Oak Terrace Elementary School*

The following themes arose from our formal program evaluation at the middle school program:

- 100% of the participants started eating more fruits and vegetables as a result of participating in the program
- 100% of the participants talked with their family about the lessons they learned
- 100% of the participants enjoyed the cooking process
- Participants learned basic healthy snacking skills and understood the importance of eating balanced meals
- Participants learned the importance of including whole grains, fruits and vegetables in the diet



## Dewey Elementary School *Evanston, IL*



The Nurture collaboration with Dewey Elementary School began with several pilot classes for first and second grade students in Spring 2010. Since then, the initiative has become part of the fabric of the Dewey community through school-wide nutrition articles in the school newsletter, weekly community wellness emails and collaborative efforts with the wellness committee, PTA, and administration to augment the health and wellness of students, families and faculty.

## Chippewa Middle School *Des Plaines, IL*



A six week after-school cooking program culminated in a student-prepared banquet for their parents. The participant students had the following to say about their experience with the program:

- “I got to cook. The food was good. I learned how to cook new foods from different regions.”
- “Eating a balanced meal means a lot so you can stay healthy and be well as you age.”
- “I learned about healthy and delicious meals.”
- “(My favorite thing about the program was) cooking a different culture’s food (and) that I was free to cook.”



### Oak Terrace Elementary School *Highwood, IL*



Nurture began its collaboration with Oak Terrace Elementary School in early 2010. Our programming included weekly in-school lessons as well as an after-school program.

For the first half of 2010, our in-school programming was themed “Pick a Better Snack” in coordination with a fresh fruit or vegetable snack provided through the State of Illinois Fresh Fruit and Vegetable Grant. Instructors presented fun facts about the “star” fruit or vegetable of the week, including the food’s origin, nutritional content and other “cool to know” information.

In the second half of 2010, our in-school programs shifted to a more holistic educational approach to include lessons on breakfast, snacks and more. Students learned lessons that were reinforced with activities, crafts, “get moving” activities and take-home handouts.

Nurture programming for Oak Terrace Elementary School in 2010 also included an after-school program. Groups of ten elementary students engaged in interactive lessons, crafts, activities and recipes that got students excited about making healthier lifestyle choices. Classes were held from 3:20pm-4:30pm Fridays from January through May.



Program:  
**Grow Your Own  
Food**  
*Glenview, IL*

Nurture programs encourage families to increase consumption of naturally grown whole foods, especially fruits and vegetables.

Of course, buying quality fresh vegetables can be challenging when shopping on a limited food budget.

The Grow Your Own Food Program was initiated in 2010 in response to this obstacle and was made possible through collaboration with St. Philip Church in Glenview, which established Giving Gardens in 2009.

On March 9, 2010, Nurture invited alumni families from Nurture programs at the Northfield Township Food Pantry to attend a free conference led by Jeanne Pinsof Nolan of *The Organic Gardener*. The session focused on soil preparation, planting and harvesting vegetables. Participants were given free seeds donated by *Johnny's Selected Seeds* and invited to participate in tending the eight 12 x 12 plots that Nurture underwrote in 2010.

In April 2010, organic compost and fertilizer was brought in and, with help from crew members from *The Organic Gardener*, the soil was prepared at St. Philip's. Over the next several months, the gardens were tended by volunteer Nurture coordinators with the help of St. Philip and Nurture alumni families.

### Ground-breaking: April 2010



Program:  
**Grow Your Own  
Food**  
*Glenview, IL*



## Results

Six Nurture alumni families participated in tending the garden. Salad greens, herbs, beans, squash, cucumbers, tomatoes and beets were abundant throughout the harvest season and given to participating families and the Northfield Township Food Pantry. Families worked together in the gardens to learn gardening techniques, learn more about food origins and growth, and experience the amazing pleasure and taste of fresh, healthy food.





# Special Events

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In addition to regular programming, Nurture conducted special events throughout the year, including:

- A one-day nutrition education program at Willard Elementary School in Evanston in collaboration with Business with a Heart from the Northwestern University Kellogg Graduate School of Management
- A Slow Cooker Initiative (3-class series) in collaboration with Campus Kitchens of Northwestern University
- A TV Tune Out event at which kids prepared and donated meals to residents of the Jonquil Hotel (Good News Partners) in Rogers Park, Chicago
- Special meals for families experiencing homelessness (participating families of Family Promise Chicago North Shore)
- A Thanksgiving meal for individuals experiencing homelessness and recovering from hospitalization at Interfaith House in Chicago





# Financial Summary

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The 2010 financials below summarize our spending across program and non program expenses. Here are a few highlights:

- We spent the bulk of expenses (nearly three quarters) on program expenses
- Of the non-program expenses, nearly half was spent on education expenses (primarily building our new website, which is critical in enabling our program work)
- Overall, our organization is run on an extremely lean model, with no “brick and mortar” expenses, salaries, or management level compensation; we are 100% volunteer managed
- The “Instructors” expense included a Spanish-speaking educator, an Instructor for weekly school lessons, and food cards supplied to alumni participant families that returned to Nurture classes as instructors or assistants

	Equipment*	Food	Supplies	Instructors	Total**
<b>Program expenses</b>					
Family Programs	\$ 2,646	\$ 3,647	\$ 1,540	\$ 4,898	\$ 12,731
School Programs	-	1,275	73	4,632	5,979
Grow Your Own Food	-	-	835	220	1,055
subtotal	<b>2,646</b>	<b>4,922</b>	<b>2,448</b>	<b>9,750</b>	<b>19,766</b>
					74%
<b>Non-program expenses</b>					
Education					3,181
General/Admin					1,090
Fundraising					2,680
subtotal					<b>6,951</b>
					26%
Program and non-program expenses total					<b>26,717</b>
Reimbursable expenses					693
Family Promise					230
<b>Total</b>					<b>\$ 27,640</b>

\*Primarily Rice Cookers and Slow Cookers.

\*\*Totals are the first two quarters of 2010 annualized, except for Grow Your Own Food.

Reimbursable expenses include tasting and education events with budgets provided by partners.



# A heartfelt *thank you* to our generous supporters

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## **\$5,000 and up**

The Alexander Charitable Foundation  
Rob and Jamie Taylor  
McKenna Foundation  
Junior Board: Clay Cassato, Kaleigh  
Dolan, Katie Hochschild, Amy Hudson,  
Madison MacRitchie, Alec McKenna,  
Andy Pass, and Michael Roeser

## **\$2,000-\$4,999**

Ted and Gieriet Bowen (Susan R. and John  
W. Sullivan Foundation)  
Kathryn and Jeff Guylay  
Betsy Kochvar Fund at The Chicago  
Community Trust (Kochvar Family)  
Winnetka Presbyterian Church

## **\$1,000-\$1,999**

Bob and Judy Kemp  
Christ Church  
Consumer Wellness Center

## **\$500-\$999**

Amy and Christopher Boehm  
Stephanie and Mike Fine  
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Anne and Jens Milling  
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Make It Better  
Emily and Tim Marshall  
Kurt and Elizabeth Matlin  
Niyama Yoga

Northwestern University's Business-with-  
a-Heart Club/Yoga Club  
Sam Family Foundation  
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Ministries

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George and Roula Karcazes  
Liz and Mike Kohler  
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Karen McCormick  
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Stuart and Susan Miller  
Cindy and Eric Mogentale  
Missy and Thomas O'Neill  
Stacey Patillo  
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Diane Schaffner  
Heather Sullivan

Frank Levy and Katherine Swartz  
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Mary Kathleen and Chris Perry  
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Colleen and Frank Scopacasa  
Lorna and Peter Stack  
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Kim and Tim Treger  
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Cynthia and Miles Wuller  
Jill and Paul Yonover

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Nancy and Peter Barnes  
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Priscilla Wilson  
Jennifer Wood



# A heartfelt *thank you* to our generous supporters

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## Equipment and Supplies – Corporate Donors

### *Harvest Level* *(\$1,000+ in-kind donations)*

Hamilton Beach  
Peapod Grocers  
Proctor Silex Brands

### *Bloom Level* *(\$500-\$999 in-kind donations)*

Schaefer's Wines, Foods & Spirits

### *Seedling Level* *(\$1-\$499 in-kind donations)*

Johnny's Selected Seeds  
Whole Foods

## Equipment and Supplies – Individual Donors

Beth and Joe Busch  
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Craig and Cindy Dooley  
Anne Fautot  
Stephanie Fine  
Gina and Jeff Gooden  
Julia and Vince Goodhouse  
Alexander Guylay  
Elena Guylay  
Kathryn and Jeff Guylay  
Terry and Wes Guylay  
Kathy and Pat Halloran  
Geoff Martin  
Michelle and Bill McKenna  
Stacey Patillo  
Tia Rains  
Heather Sullivan  
Elizabeth and Steve Thomas  
Kim Treger

## In-kind services

- Barack Ferrazzano Kirschbaum & Nagelberg, legal
- Matt Hartgering, website
- JCW Productions. Jenniffer Weigel and Clay Champlain, video/media
- Geoff Martin, photography
- Bryan Samolinski, electronic invitations

## In-kind donations for our 2010 Appreciation Prizes

All Nature's Way  
Bauble Nest  
Beth Busch, Personal Trainer  
Cara Zaruba, Massage Therapist  
Chicago Botanic Garden  
Don VanStaaveren, Winemaker (through Leslie and Donna Pinsof)  
Enaz  
Flowers Flowers  
Frank Kiesel & Associates  
Fresh Market  
Gogglemate  
Green City Gardens  
Hard Rock Cafe (Weaver Media Group)  
Heather Sullivan, Health Solutions  
Heaven Meets Earth  
Ildiko Strbik  
Jenny Kaufman, Yoga Instructor  
Jon Kailey Salon  
Kartra Designs, Ltd  
Lori's Designer Shoes  
Lululemon  
Martini Park (Weaver Media Group)  
Massage Envy  
Massage Therapy of Winnetka  
Metamorphosis Salon  
Memovia Studios  
Nails, Nails, Nails

Niyama Yoga  
The Noodle Cafe/Depot Nuevo Nordstrom  
Palmer House  
Park Center Health and Fitness  
Pete Barnes, Vitamins  
Pigtails & Crewcuts  
Randoons  
Rock House Music School  
Shedd Aquarium  
Spynergy  
Stacey Patillo, Health Counselor  
Tavern at the Park (Weaver Media)  
Tennaqua  
The Chopping Block  
The Organic Gardener  
The Second City  
Tick Tock Childcare  
Tiffany's  
Tracy Lawrence-Black, Yoga Instructor  
Trader Joe's  
West End Florist  
Winnetka Community House  
Zoya Sadkhin, Piano Instructor

*Nurture is a tax exempt organization under section 501(c)(3) of the Federal tax code. Donations are deductible for tax purposes.*

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# And gratitude for our collaborative partners

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## Meet our Collaborative Partners

### St. Philip Lutheran Church



Our partnership with St. Philip Church and Rev. Eric Dawson has been a blessing indeed. We began Nurture adult and children's classes at their site in early 2009. In 2010, we expanded our partnership to include participation in St. Philip's Giving Gardens, which offers 12 x 12 community garden plots and provides fresh produce to the Northfield Township Food Pantry. St. Philip has been a pillar in the Glenview community with outreach programs including their Pet Food Pantry, Community Meal Kitchen and Clothes Closet. The Nurture/St. Philip partnership furthers community assistance through nutrition education, cooking classes and philanthropy (cooking equipment and food staples).

### Winnetka Presbyterian Church



Our partnership with Winnetka Presbyterian Church (WPC) got off to a strong start in 2010 when the Rev. David Lower and the Session offered Nurture the use of their industrial-size kitchen and Christian Learning Center to hold larger-scale classes for the community members affiliated with social services agencies from Evanston to Highwood. Nurture has been fortunate to use this facility to continue to expand its programs to many more families through events held in collaboration with the WPC congregation.



# And gratitude for our collaborative partners

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## Campus Kitchens of Northwestern University



Campus Kitchen at Northwestern University (CKNU) is one of many Campus Kitchens across the US that utilizes existing resources on college campuses: un-served food in the dining halls and brilliant students. Meals are put together to help nourish those in need in the community. Nurture and CKNU launched an exciting collaboration in February 2010.

## Junior League of Evanston-North Shore



Nurture and the Junior League of Evanston-North Shore have been partners since 2009, when the Junior League awarded Nurture a grant in its first year of operation to continue and expand its work. Many Nurture volunteers are also Junior League members, so there is great synergy in collaborative efforts.

## The Organic Gardener



*The Organic Gardener*

The Organic Gardener, Ltd. (TOG) helps families grow organic vegetable gardens, offering a full line of services including design, installation, maintenance, teaching and harvesting. TOG's specialty is working alongside parents and kids and with gardeners (and would-be gardeners) of all experience levels and in a wide range of situations. Jeanne Pinsof Nolan, TOG founder, has collaborated closely with Nurture in its development of Grow Your Own Food and other garden-focused efforts.



## Help Us Meet Our 2011 Goals



- **Goal 1: Continue our unique focus on the parent and child combination**
  - Improve children's health and awareness opportunities
  - Support better eating habits and a more active lifestyle
  - Promote healthier, happier lives – together!
- **Goal 2: Develop deeper relationships with our agency and school partners to provide sustainable, ongoing education and support**
  - Design food pantry projects
  - Initiate food drives
  - Work with teachers and faculty in schools
- **Goal 3: Build an alumni follow up and support system to stay in touch with and continue to assist our "graduate" families into the future**
  - Support and strengthen Nurture community
  - Facilitate job creation
  - Ensure program sustainability





