

Nurture



SUPPORTING FAMILY HEALTH AND WELLNESS



2011 ANNUAL REPORT

2012 Nurture Board and Leaders

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Juliette Britton

Beth Busch

Cindy Dooley

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Anne McDonagh

Tia Rains

Colleen Scopacasa

Heather Sullivan

The year 2011 was an incredible year for Nurture. We made great progress in meeting our goals, as we will share with you through this report, all during a time of transition. The summer of 2011 brought a new and exciting adventure in my own personal life, as our family made the decision to move to southern Idaho for a twelve month period. I was hesitant at the thought of leaving the Nurture helm, but the amazing talent and passion for our mission that Lisa Brewer demonstrated in taking on the many and diverse tasks of our Executive Director position quieted my fears. She has not only stepped up to the plate, but she has offered our organization a fresh perspective that allows our organization to thrive at a new level.

I hope you enjoy reading about how we are continuing our unique focus on the parent-child combination, developing deeper relationships with our school and agency partners, and building a support system to stay in touch with our program graduates. We are also excited to share with you our new goals for the upcoming year, 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
(January-August 2011)



When I look back at 2011, the first thing that comes to mind is WOW! I am so proud of the impact and growth this young organization has had. Kathryn started Nurture to show people how to use the economical, simple, nutritious cooking methods she developed as a student. Kathryn and our leaders created hands-on classes that changed peoples lives.

Jump ahead three years to 2011. Nurture now has over 100 volunteers, conducts programs with twelve agencies and schools, and provides Prenatal, Family, Kids, and Grow Your Own Food classes. The data shows our participants are making healthier choices as a result.

As you'll read in the following pages, my primary focus has been to develop the tools and organizational infrastructure to enable our passionate, energetic volunteers to contribute at higher and higher levels. I am humbled by the organization Kathryn and our leaders have created, and honored to be trusted to take Nurture to the next stage.

None of this would be possible without the tremendous support of our donors and sponsors. Thank you!

Lisa Brewer
Executive Director
(August 2011 – present)




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 non-profit organization founded in 2008 to address the issues of hunger, childhood obesity, wellness and an increasingly unhealthy food chain. Whenever we ask families what obstacles they face in providing healthy meals for their families, we hear the same concerns. “It’s too expensive.” “It takes too long.” “I don’t know how.” Nurture was developed to address these concerns.

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.

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.



Nurture is doing great work to address these issues

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1/3	<i>One of every three children</i> born after the year 2000 is overweight or obese and will develop diabetes if they adopt the typical American diet and (sedentary) lifestyle.
300%	Childhood obesity has <i>increased 300%</i> in the last three decades.
10	A person living in poverty loses an average of <i>10 years of life expectancy</i> as a result of their socio-economic position.
22%	<i>22% of American children</i> lived in poverty in 2010.
1 in 5	<i>1 in 5</i> American households with children <i>don't have enough safe, nutritious food</i> to maintain a healthy active life.



Nurture is doing great work to address this need

100%	Nurture Programs have a <i>100% satisfaction rate</i> .
75 – 90%	75% - 90% of parents and teachers from Nurture camp collaborations and full-year Nurture Your School programming reported the <i>children were eating nutritious foods more often</i> .
Over 5,000	Our programs currently <i>reach over 5,000 people</i> . This is a 56% increase over 2010!
\$0.30 - \$1.50	Nurture meals cost between <i>\$0.30 - \$1.50 per serving</i> . These healthy meals are within reach, even on a food stamp budget!
>\$500,000	Nurture is 100% volunteer managed. <i>Over \$500,000 worth of volunteer hours</i> have been donated to Nurture over the past year.



Our Leadership Team

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**Alison
Bloom**



**Lisa
Brewer**



**Juliette
Britton**



**Beth
Busch**



**Cindy
Dooley**



**Stephanie
Fine**



**Gina
Gooden**



**Julia
Goodhouse**



**Jeff
Guylay**



**Kathryn
Guylay**



**Emily
Hadley**



**Kelly
Horne**



**Bonnie
Masterman**



**Anne
McDonagh**



**Tia
Rains**



**Colleen
Scopacasa**



**Heather
Sullivan**



We achieved our 2011 goals thanks to our partners, volunteers and supporters

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- **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
 - Ensure program sustainability
 - Facilitate job creation

Please read more on the following pages about how we've turned these goals into success stories



Success story #1:

The results below demonstrate our success in creating impactful parent/child combination classes

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Slow Cooker Family Series at Lake County Health Department and Community Health Center – North Shore Health Center, June – July 2011

Overall Adult Results and Comments

- 100% rated the session as Excellent and would recommend this program to another family.
- 92% rated the slow cooker as Very Useful or A Favorite Piece of Equipment.
- 100% understand the difference between whole and processed grains vs. 33% before the classes.
- 64% reported an increase in the consumption of fruits & vegetables.
- 54% reported an increase in their children's consumption of healthy foods.
- *"I learned many ways to save money and eat healthier too, many ways to vary the vegetables to cook, also how to stay active and exercise even in a small space."*
- *"The slow cooker uses less oil, cooks with less fat, [we can] add more vegetables to our food."*
- *"I like it because the slow cooker cooks in the mornings and when I return home dinner is ready and warm."*

Overall Kids Results and Comments

- 88% reported enjoying tasting new foods and eating "go" foods.
- 88% indicated that what you eat can change how you feel.
- 75% reported telling their family and friends what they learned at Nurture.
- [I learned that] *"100% juice has lots of sugar."*
- [I learned that] *"You can change your health by eating healthy."*



Getting children excited about making healthy choices is a Nurture core competency.

In 2011 Nurture and our partners provided Nurture lessons, activities, and cooking classes to over 1900 children.

1190 (63%) of these children participated in five hours or more of programming.



Results & Comments - Family Focus Summer Camp Program

Family Focus summer camp participants reported an increase in vegetable consumption: one full serving a day.

"I learned that making healthy food can be easier than making unhealthy food."

"I learned that you can add spinach to foods and it still tastes good."



Comments from Teachers and Parents at Dewey Elementary

"Thank you for helping make TV Tuneout such a success. The boys had an amazing time at your event and could not stop talking about it."

"It provided hands-on activities for the students. They really liked creating the trail mix and eating it. Presenters were knowledgeable and enthusiastic. Students were very responsive to them."

"I liked the search the kids had to do the find slow and go foods."

"I thought that by exploring Wellness at Dewey it made people see it in a new light. How even changing milk can bring about positive change."



Low-cost recipes, rice cookers, slow cookers, nutritious groceries, and easy to apply nutrition education make good nutrition attainable for all.

“Get moving” activities and lessons show fun, easy ways of becoming more active.



Family Programming for Northfield Township Food Pantry Patrons and Glenview Farmers Market Link Card Users

Results and Comments

100% rated the Nurture sessions at “Excellent” or “Very Good”
100% rated information as “Very Easy” or “Easy” to apply
78% reported “All” or “Most” of the information was new to them

“I may now cook with quinoa; something I have not done before. Besides the new foods and recipes, I like that special equipment is given to us.”

[My favorite part] *“Discussing how healthier meals are not costly & have many health benefit.”*

“My children had so much fun!”



Comments on Nurture Exercise Activities

“As with past PE Nurture lessons, kids were engaged and able to demonstrate understanding of the concepts while having fun and raising heart rates.” PE Teacher at Avoca West

[Because of Nurture classes] *“We try and walk and the children are in swimming classes.”*

[Because of Nurture classes] *“We are exercising more.”*



The Picazo Family

The Picazo's were part of the Lake County Health Department and Community Health Center – North Shore Health Center and Moraine Township Grow Your Own Food program Nurture supported. They received seeds, gardening and canning education, a Slow Cooker Family Series, a slow cooker and groceries.

Their girls also attended Champ Camp which taught Nurture lessons, activities, and recipes.



"My family liked the classes and recipes offered by Nurture. My kids keep asking when they will go to more classes. We signed them up for swim lessons because they loved swimming at Champ Camp.

"We have changed the way we eat. We try to eat fruits and vegetables with each meal. Our favorite recipe is the shake with spinach, bananas, lemon and honey. It surprises me so much that they like it! I am so happy that their breakfast can be a healthy shake; strawberries with oatmeal; yogurt, fruit, and granola; or bagel with cucumbers or kiwi. These give them more energy.

"Because of the Nurture classes, we now watch our fat and sugar intake. That was a huge learning experience for us. Other big changes are we eat quinoa instead of rice and use olive oil instead of canola. Thank you!"

Maria Picazo



Success story #2:

We created deeper relationships with our agency and school partners to provide sustainable, ongoing education & support

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Enabling Family Network to Teach Nurture Prenatal Classes and Provide Rice Cookers and Slow Cookers

Because women don't get pregnant all at the same time, trying to schedule prenatal classes is challenging. Family Network has an established prenatal curriculum and client base and wanted to help their families improve their nutrition. Nurture created lessons, handouts and recipes and then provided cooking equipment and money for food. Family Network taught the lessons and recruited participants. As a result, 35 Family Network clients were able to get prenatal Nurture lessons in 2011.

Results January Through July – Pilot Nurture Curriculum

100% felt an increase in energy levels and would recommend the program to another family
80% felt they better understood the importance of taking care of themselves with healthier foods
80% have increased the number of home cooked breakfasts they eat/prepare

Results October Through December – Final Nurture Curriculum

100% would recommend the program to another family.
100% "Strongly Agreed" or "Agreed" they have a better understanding of the monthly topic
84% could correctly answer the questions on the topic of the month
100% feel more confident to prepare home cooked meals

Comments from surveyed participants (translated from Spanish)

"Very good and learned a lot to take care of my family and me"

"It is excellent [and] helps me to learn much about my baby"

"I would recommend it because you learn a lot"

"I wish my family and friends could take the classes because it is good information."



Nurture works closely with our partners to understand their needs and goals.

We creatively use our materials & connections to help our partners achieve their goals.



Nurture saw an opportunity to get more families to maintain plots at the Moraine Township Pantry Garden.

- Nurture helped advertise the plots with a seed starting project at Oak Terrace Elementary.
- Nurture encouraged participation by collaborating to provide families with gardening education, a canning class, and a Nurture Slow Cooker Series.

Results: Twenty food pantry families took plots vs. three in 2010. Eighteen of those regularly maintained their plots vs. one in 2010.

"I loved the recipes and the canning session"

"I really enjoyed all the knowledge about food and nutrition."

"We received all the information needed to plant with success."



Quarterly Nurture programming is helping A Just Harvest, the largest independent soup kitchen in Chicago, reduce sugar & sodium intake by its patrons.

Results and Participant Comments:

100% of participants felt the information was "Very Easy" or "Easy" to use

100% of participants were "Very Likely" or "Likely" to make a Nurture recipe in the future

94% of participants "Strongly Agree" or "Agree" the slow cooker will help them prepare more healthy meals

[My favorite part] *"It was family oriented including children and adults."*



Many of our class participants depend on food pantries to feed their families. Unfortunately much of this food is not nutrient dense.

To help address this issue, Nurture is helping our communities provide more nourishing food to the pantries.



Often a food drive is viewed as an opportunity to clean out the kitchen cabinets and pantry of things we **don't** want. Nurture worked with the Community School of Sun Valley, Idaho to create a video that urges kids to provide nourishing, healthy food to pantries and social service agencies that address hunger. This quick video shows and explains in a kid friendly fashion why food drives are important, what not to donate (open, dented, expired foods), what to donate, and why.



On the past two Martin Luther King Days, Nurture has organized local businesses and residents to create nutritious, non-perishable soup mixes for local food pantries. Each Layered Soup mix contains brown rice, barley, lentils, split peas, spices and the recipe in English and Spanish. Pantry clients add the tomatoes, fresh veggies, and any other goodies they want. Over the past two events, over 500 soup mixes were donated, providing 4000 meals. In addition, each year we've inspired and facilitated a number of community service projects completed by teenagers to provide additional healthy Layered Soup mixes to local food pantries.



In 2011 Nurture had six school partners and two new initiatives:

Classroom and PE teachers are teaching Nurture materials

Development and pilot of 1st – 5th grade, 8-month wellness curriculum including: lessons, PE activities, supplemental activities tied to English & Math Common Core Standards, and Parent Handouts with Recipes



Comment from Edison Elementary Teacher

"The lessons are going very well. The kids really enjoyed the trail mix and I have noticed that a lot of my kids are making healthier choices when they bring in their snacks. They love to come up and tell me that they have a 'go' snack!"



A poll of Oak Terrace teachers found the following:

- 100% of teachers said their students were more knowledgeable about healthy eating.
- 100% of teachers said their students were more willing to try new fruits and vegetables.
- 74% of teachers said their students were bringing healthier snacks to school more often.
- 56% of teachers said their students were eating healthier lunches/breakfasts more often.

Oak Terrace Teacher Comments

"Nurture lessons are presented in a child friendly easy to understand manner. They convey ideas and concepts about nutrition and exercise that are essential for children to learn but which are not addressed in our curriculum."

"I like the math connection – this was a great extension. I was able to teach conversions which we haven't gotten to yet, and then add a graphing component for those who wanted a challenge. Nice resource!"



Success story #3:

We are building an alumni follow up and support system

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Nurture reunion classes bring together participant alumni several months after the conclusion of their Nurture program to exchange ideas & recipes.

We also measure long-term program impact to strengthen our programming.

Parent Survey Results Collected October – December 2011 on Summer 2011 Champ Camp

5 weekly nutrition, cooking, swimming, and tennis classes for 65 elementary students, 90% of whom were limited resource

89% reported their child is playing more actively since Champ Camp

83% reported their child is trying to eat more nutritious foods since Champ Camp

83% reported their child is has more interest in cooking since Champ Camp

78% reported their child has tried making some of the recipes he/she learned

[My child is] *"Eating better and enjoying it"*

"Now my child likes to practice many sports & knows how to identify nutritious food"

"He's actively trying to be more conscious of this eating!"



Lake County Health Department and Community Health Center – North Shore Health Center Reunion Class

The families truly enjoyed the reunion and even discussed creating a Class of 2011 cookbook! Below are comments from alumni who could attend.

"We eat less fast food."

"We have more energy and are more cheerful."

"We have more energy, and we are losing weight."

"I am eating more healthy foods and my health seems to be better."

"We eat smaller portions, but we try to ensure they are more nourishing."

"We try to eat healthier and be aware of what we eat outside of the house."

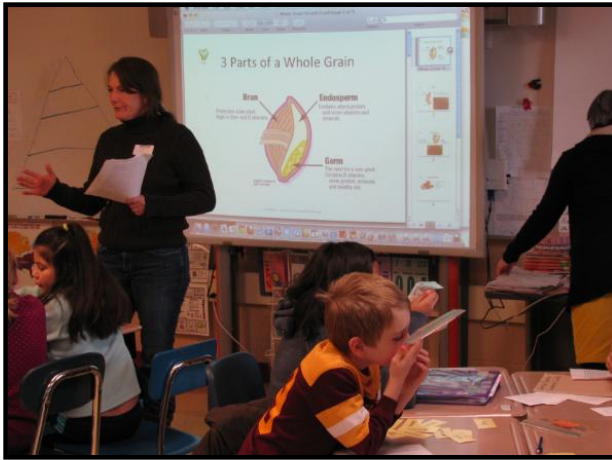
"We eat more nutritiously and more vegetables, fruits, and especially smoothies, grains, and oatmeal."

[Have the classes impacted your family?] *"Much because before we cooked differently with much grease and less healthy."*



Nurture volunteers are our strength. Our volunteers come from dietician programs, our partners, local communities and businesses, and on-line volunteer postings.

In 2011 Nurture started developing tools to better utilize their diverse talents.



Enhanced Role Descriptions and Training Tools

Nurture gets many requests for its programming— many more than we have the capacity to fill. In order to fill more of these requests, we have developed new training tools and processes for our Teachers, Program Coordinators, and Food Committee. By separating the teaching from cooking and partnership management, our volunteers can concentrate on developing a smaller, more targeted set of skills. This helps us maintain our excellent program quality and lets our volunteers make meaningful contributions faster.

Making it Easier to Get Involved

As our volunteer base and programming are growing, we are automating some administrative functions and using on-line tools to enable collaboration. For example, Bonnie Masterman, our new Volunteer Coordination Chair, started using a free, on-line volunteer scheduling program to let our volunteers easily identify and sign-up for teaching, cooking, and other volunteer opportunities.

Developing New Leaders

As our programming expands, so does our need for leaders. We have several new volunteers stepping up to take on Program Coordination, Regional and Committee leadership and support roles.

Sometimes committee members take a leadership role. Liliana Mendive, from our partner Lake County Health Department and Community Health Center – North Shore Health Center, managed the Spanish translation of all our Kids Recipes, Harvest Recipes, some Pantry Recipes, and many participant handouts – all within just a few months!

Our volunteers get the satisfaction of making significant contributions. Nurture benefits from fresh insights and the ability to reach more people.



Programming excellence is our top priority. Being able to help more and more people is a close second.

Standardizing our curriculum and our low cost structure is helping us achieve both these goals.



Piloting and Standardizing New Curriculum

Nurture started on a very small scale with intimate knowledge of the specific needs of the participants in each class. This led to fabulous participant outcomes but it made finding teachers very challenging.

In 2011 we've been piloting and standardizing Prenatal, Family, and School lessons. This dramatically simplifies Program Coordination by eliminating the need to be a curriculum expert. More importantly, this ensures excellent program quality and consistency while enabling more and more volunteers and partners to teach our curriculum.

As you can see from this report, program outcomes have remained very strong during this process.

Low Cost Structure

During collaboration meetings with more established non-profits, we've seen a consistent warning sign: paid staff = extreme funding stress.

However, our Board realizes we have grown to the point where our lack of staff is limiting our ability to grow. Our training materials and curriculum will let us use volunteers to do the majority of the work. Our goal is to provide stipends to a few staff and teachers who will train and manage this army of volunteers. This will let us fill more partnership requests and reach more people.

Very generous in-kind donations from corporate sponsors have helped to offset some of our food and equipment costs thus allowing us to invest more in our people. In 2012 we are working to secure the funding necessary to invest in organizational management.



Nurture provides internships, projects, and experiences which allow our volunteers to develop work skills and gain exposure in the wellness field.

When we hear of job opportunities that would be a good fit, we are happy to recommend our volunteers and/or program graduates.



"I started volunteering for Nurture with my mom by helping out in the kids' classes. After assisting in a few, I was able to lead some of the classes. When Nurture decided to partner with the JCYS Champ Camp they recommended me as a possible teacher for the Nurture curriculum at Champ Camp.

"Working at Champ Camp was a great experience. I learned a lot about how to handle working with a large group of kids, and how to make the Nurture curriculum work in a camp setting. My favorite part was definitely the kids. They were so enthusiastic about the program and were willing to try all the new foods that they helped make. On many occasions the campers came up to me and told me about the Nurture recipes they had tried at home and what changes they were making in their eating habits after the Nurture lessons.

"This was my first real paid job and so I learned a lot about being on a schedule, the importance of punctuality, and what it means be accountable to other people besides just myself. Thanks to Nurture and Champ Camp I now have a great reference for when I'm applying to future jobs or college applications.

"Thanks to Nurture and Champ Camp I had a very memorable and rewarding summer and gained experience and knowledge that I can use throughout my whole life."

Maddy Farnen



Financial Summary

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The 2011 financials below summarize our spending across program and non program expenses. Here are a few highlights:

- 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
- We spent the bulk of expenses (nearly three quarters) on program expenses
- The majority of the Curriculum development expense was to support our vastly expanded school programming. This 40 month curriculum (1st – 5th grade) includes monthly lessons, PE activities, classroom activities tied to English and Math Common Core Standards, and parent handouts.
- Instructors expense was to both expand our school presence and pilot new curriculum materials.
- Fundraising expenses went up as a result of running two benefits: the Spring Benefit & Harvest Celebration.
- Management & administration expenses went up primarily due to the need to pay for storage for the large in-kind donations of food and equipment.

For the Period January 1, 2011 - December 31, 2011

	Cash	% of expenses	In-Kind*	Cash & In-Kind	% of expenses
Program Expenses					
Equipment	\$ 2,312	8%	\$ 3,040	\$ 5,352	13%
Food	\$ 3,088	10%	\$ 4,187	\$ 7,275	18%
Supplies	\$ 1,817	6%		\$ 1,817	5%
Curriculum development	\$ 5,630	19%		\$ 5,630	14%
Instructors	\$ 6,252	21%		\$ 6,252	16%
Other	\$ 518	2%	\$ 1,456	\$ 1,974	5%
Subtotal - Program	\$ 19,616	67%	\$ 8,683	\$ 28,299	71%
Non-Program Expenses					
Education	\$ 1,385	5%		\$ 1,385	3%
Fundraising	\$ 4,488	15%		\$ 4,488	11%
Management & administration	\$ 2,936	10%		\$ 2,936	7%
Other	\$ 1,053	4%	\$ 1,800	\$ 2,853	7%
Subtotal - Non-Program	\$ 9,862	33%	\$ 1,800	\$ 11,662	29%
Total expenses	\$ 29,478	100%	\$ 10,483	\$ 39,961	100%

* In-kind only captures the use of donations valued at \$500 or more when received.



A heartfelt *thank you* to our generous supporters

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Equipment, Food & Supplies – Corporate

\$9,000 and up

Hamilton Beach
Whole Foods

\$1,000 - \$5,000

Extra Space Storage of Highland Park
Peapod Grocers

\$500 - \$999

Don Van Staaveren, Winemaker
(through Leslie and Donna Pinsof)
Kcura

\$250 - \$499

Cream Wine
Floriole Café
Zojirushi

\$100 - \$249

Breeze Software
Garden Fresh Market
Isaac and Moishe Deli
Sunset Foods
Wallace Farms
West End Florists

\$1 - \$99

Eden Foods
Hodgson Mills
Johnny's Selected Seeds
La Union
Staples of Highland Park
Target of Highland Park

Equipment, Food & Supplies – Individual

Anonymous
Alice and Rob Balon
Lisa and Jim Brewer
Allison and Dan Farnen
Julia and Vince Goodhouse
Alexander Guylay
Elena Guylay
Kathryn and Jeff Guylay
Bonnie Masterman
Karen Phelps
Kim Seiden

In-kind services

Barack Ferrazzano Kirschbaum & Nagelberg,
legal
First Bank of Highland Park
Bryan Samolinski, electronic invitations
Gabe Silverman, Northwestern University,
Medill School of Journalism, video
journalism

Monetary Donations

\$5,000 and up

Healthcare Foundation of Highland Park
Winnetka Presbyterian Church

\$2,000 - \$4,999

112 Education Foundation via District 112
The Alexander Charitable Foundation
Christ Church
McKenna Foundation
Junior Board: Clay Cassato, Kaleigh Dolan,
Katie Hochschild, Amy Hudson, Madison
MacRitchie, Alec McKenna, Andy Pass, and
Michael Roeser
Moraine Township, Illinois
Whole Foods

\$1,000-\$1,999

Ted and Gieriet Bowen (Susan R. and
John W. Sullivan Foundation)
Consumer Wellness Center
First Bank of Highland Park
Go Health
Kathryn and Jeff Guylay
Terry and Wes Guylay
Judy and Robert Kemp

\$500-\$999

Lisa and Jim Brewer
Stephanie and Mike Fine
First Bank & Trust
Connie and Chris Gillock
Anne and Jens Milling
Northfield Township

\$250-\$499

Juliette and Dave Britton
Beth and Joe Busch
Laura and Scott Carlin
Cindy and Craig Dooley
Rosa and Dan Doyle
Allison and Dan Farnen
Chicago real estate by Dream Town
Goldman Sachs & Co.
Julia and Vince Goodhouse
IBM Charitable Contribution Campaign
Sue and Kevin Kroeger
Old Town Oil
Prophet Brand and Strategy
Saint Faith, Hope and Charity families (in
honor of Michelle McKenna)
Colleen and Frank Scopacasa
Heather and Scott Sullivan



Hamilton Beach



A heartfelt *thank you* to our generous supporters

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Monetary Donations Continued

\$100 - \$249

Stacey and Matt Baker
Alice and Rob Balon
Alison Bloom
Scott Brady
Judy Bramson
Beth and Hank Brauen
Kim and Chris Chatain
Tanja Chevalier
Felicia Cohen
Maria and Scott Fowkes
Gina and Jeff Gooden
Steven Greanias
Emily Hadley
Kathleen and Patrick Haloran
Nancy Himmelfarb
Claire Holland
Rebecca Howard
Molly and Dave Jarmusz
Kate Kligora
Kelly and Dave Levy
Anne McDonagh
Elizabeth and Michael Manaster
Bonnie Masterman
Michelle McKenna
Kathy Mendes
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Shannon and John O'Brien
Tia Rains
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Karen Reisin
Manny Rivera
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Diane Schaffner
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Lorna Scott
Ralph Shayne
Barb and Kevin Sheridan
Peter Stack
Ann Taylor
Lisa Trinley
Leslie Weidner
Cynthia and Miles Wuller
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Nagelberg LLP

\$1-\$99

Coleman Altman
Bridget Andrews
Meredith Aruo
Emily Auer
Karin and Nathan Ballard
Colleen Bansley
John Bayldon
Jill Blackburn
Stephani Blandina
Anita Brown
Maria Calvo
Mary and Phil Carragher
Ceil Carver
Daniel Christoffers
Mary Cusack
Michelle Daisy
Jess and Dennis Donald
Courtney Firak
Lynda Forde
Melissa Galla
Christina Gill
Geri Greenberg in honor of volunteer
Karen Reisin

Mary Hall
Kathleen Halloran
LuAnne and Matthew Holeva
Lucy and Jim Hospodarsky
Roisin Hughes
Timothy Hulzenga
Lynn Hyndman
Diana Keen
Selma Koita
Debbie Mane
Dorrie and David Marks
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Eric Meredith
Cindy Mogentale
Krista Mooradian
Judith Roscoe and Stephen Oliphant
Cristina and Jerome Riggio
Molly Roell
Lindsay Rubin
Robbin Schoewe
Barbara Schuetz
Majorie Getz and David Sheftel
Julie Siegel
Maria Soto
Mazie Soto
Ellen and Ed Steinfeld
Joan Marie and Richard Sullivan
Robert True
Diane Walter
Laura Whiteis
Kevin Willoughby
Kim and Erwin Wunderlich
Neale Zingle

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under section 501(c)(3) of the Federal
tax code. Donations are deductible for
tax purposes.*



Hamilton Beach



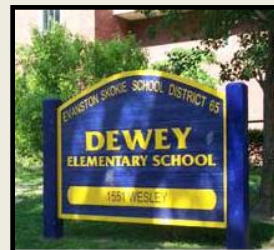
Thanks to our 2011 programming partners

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Agencies



Schools



OAK TERRACE SCHOOL



And gratitude for our collaborative partners

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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 Nuture 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. Nuture 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.

Campus Kitchens of Northwestern University



Campus Kitchen at Northwestern University (CKNU) is one of many Campus Kitchens across the US that utilize 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. Nuture and CKNU launched an exciting collaboration in February 2010.

Junior League of Evanston-North Shore



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

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 Nuture in its development of Grow Your Own Food and other garden-focused efforts.



Help Us Meet Our 2012 Goals



Looking ahead our focus is on continuing our unique, high impact work while strengthening our capacity to reach more participants.

Goal #1

Build organizational strength and capacity across Nurture.

Goal #2

Continue to offer programs that are unique and of great value to our agency and school partners and program participants.

Goal #3

Further enhance our tools and processes for participant evaluation, long-term follow-up, and support.



THANK YOU!

