



Highland Park/Highwood

Nurture Grant Renewed to Continue Nutrition Education Program to Expectant Mothers

December, 2010



Julia Goodhouse of Winnetka, Elizabeth Manaster of Northbrook and Nora Barquin of Wilmette collaborate to provide nutrition education to families in need.

Nurture is pleased to announce that it has been chosen as a recipient of a 2011 Nutrition Grant Award from the Consumer Wellness Center. 2011 will be the second year receiving a grant through this national program. \$1,000 will buy rice cookers and wholesome food for 40 to 60 expectant mothers enrolled in Family Network of Highland Park's Right from the Start (Desde El Principio) prenatal program. Participants of this group are low-income Spanish-speaking residents of the Highland Park/Highwood area.

In order to deliver the program, which includes monthly nutrition education classes, Nurture will collaborate closely with Family Network's staff. Classes will be taught by educator and home cook Bertha Chavez, a trained doula who facilitates classes for the Right from the Start program. The nutrition education program will be coordinated through the joint efforts of Nora Barquin, Family Network's Program Manager and Kathryn Guylay, Nurture's Executive Director. Program materials, including recipes and meal plans, will be prepared by Nurture volunteers including Food/Recipe Committee Chair Julia Goodhouse and Registered Dietician Heather Sullivan. Kathryn Guylay points to this program as "an ideal example of the amazing outcomes of collaborative efforts".

The hands-on curriculum will use the rice cooker to emphasize the importance and ease in incorporating whole grains, lentils, split peas, fruits and vegetables into the diet. The goal of the

program overall is to promote better nutrition and health for the mother which, in turn, promotes better health of the baby.

Nurture is a non-profit organization based in Winnetka, IL. Nurture's mission is based on the Chinese proverb: "Give a person a fish and feed him/her for a day; teach a person to fish and feed him/her for a lifetime". Nurture seeks to empower care givers with time efficient and cost effective means to provide healthy, home-cooked meals. The program also emphasizes the importance of physical activity as part of a healthy lifestyle. Nurture is an organization run entirely by volunteers. For more information please visit www.nurtureyourfamily.org. Visitors to the site can sign up to receive monthly newsletters on programs and volunteer opportunities.

Family Network's Right from the Start program aims to assist Latino expectant mothers throughout their entire pregnancy. Family Network provides a variety of services ranging from nutrition information to prenatal and financial education to infant safety guidelines for resource-limited expectant mothers. For more information about Family Network and the Right from the Start program, please visit www.familynetworkcenter.org.

Consumer Wellness Center is a leading source of nutritional information internationally. Over two million readers subscribe to its NaturalNews.com newsletter. The Consumer Wellness Center is a 501 (c)3 non-profit organization founded and directed by Mike Adams, "The Health Ranger". For more information about Consumer Wellness Center please visit www.consumerwellness.org.



Family Network's Right From the Start Prenatal clients enjoying the food at a 2010 class. As stated by a participant on the program evaluation survey, "Everyone involved in this project has done excellent work; you can see by the satisfied participants."