

## Nurture Mark 25<sup>th</sup> Anniversary of King Holiday By Serving Others

January 18, 2011



Andy Rotering of Highland Park helps prepare soup mixes.

January 17<sup>th</sup> marked the second annual Martin Luther King Jr “Day of Service” in Highland Park at the Highland Park Recreation Center. Nurture led 500 Highland Park and Highwood residents in assembling 223 non-perishable soup mixes with bi-lingual recipes for the Moraine Township Food Pantry. Residents also help Nurture assemble 180 bilingual wellness activity books for the North Shore Health Center and Nurture programming.

Nurture is a local, grass roots organization whose 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. Nurture was founded in 2008 to address hunger, childhood obesity, wellness and an increasingly unhealthy food chain. They focus on low-income families with children at high risk for nutritional and health problems.

This year marks the 25<sup>th</sup> anniversary of the Martin Luther King Jr. Federal holiday, and Nurture saw this milestone as a perfect opportunity to remember Dr. King’s life and legacy and to honor him by taking action to help their communities.

Nurture’s booth activities were made possible by Extra Space Storage of Highland Park, First Bank of Highland Park, Garden Fresh Market, Sunset Foods, Isaac & Moishe Kosher Style Deli, Whole Foods, Staples, Target, La Union, and families from District 112.

“It’s heartwarming to see the outpouring of support from our community,” said Lisa Brewer, Nurture’s Regional Director for Highland Park / Lake County. “Together we made 1784 servings of soup and involved our youngest residents in good citizenship.”

For more information about ways to get involved with Nurture, please visit their website <http://www.nurtureyourfamily.org/> or contact Lisa Brewer [nurturelakeco@gmail.com](mailto:nurturelakeco@gmail.com).