



# **“Making a Difference” A Thank You Story from Nurture 2009 Annual Report**



# Introduction

In the tough economic times of today, we are all aware of how important it is to be thankful for what we have and the many blessings around us. A wonderful way to recognize our blessings is to bestow support and aid to those who have less, as you have done with your generous donation to Nurture in the past year. We want to thank you again for your kindness and generosity that you have shared with many families in need.

What has become of your gift? Has it really made a difference in the lives of people around you? What's next for Nurture, and how are we helping more families? This short story will seek to answer these questions and more. It will also share with you some of the many things our Nurture team has learned working with the wonderful families who have participated in our cooking classes/nutrition education program designed for the entire family.

If you have children, we encourage you to share this story with them. It is so important that we foster future generations that will help to make this world a better place. This process of change begins with the awareness that **you can make a difference.**

Thank you for your support.

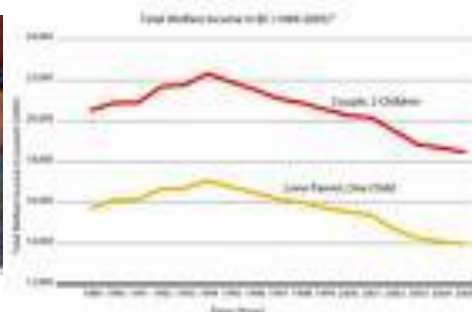
Kathryn Guylay  
Executive Director

On Behalf of the entire Nurture Board of Directors:

Beth Busch	Emily K. Hadley, MS, RN	Colleen Scopacasa
Cindy Dooley	Stacey Patillo	Heather B. Sullivan, RD,
Julia Dunn Goodhouse	Juliette Pomey	LDN
	Tia M. Rains, Ph.D.	Jenniffer Weigel

## Many Families are Facing Economic Hardships

- Record levels of enrollment in food stamp programs were seen in this past year.
- Locally, the Northfield Township Food Pantry and New Trier Township pantry have experienced record participation in food distribution programs.
- Costs of nutritionally dense foods such as fruits and vegetables have increased significantly.
- Costs of nutritionally inferior foods such as processed and packaged foods have become relatively more affordable.
- Many low-income families have little time for cooking and preparing meals (leading to more fast food and packaged food consumption).
- We are raising a generation of “non-cookers.”
- The family meal is beginning to disappear.



## Health Concerns are Increasing

- The leading causes of death (Heart Disease, Cancer and Cerebrovascular Disease (Stroke)) have strong links to nutrition.
- The rate of new cases of type 2 diabetes has nearly doubled in the United States in the last decade.
- 1 out of 3 children born in the year 2000 will develop diabetes if they adopt the nation's inactive and overeating lifestyle.
- Low-income families are at the greatest risk for nutritionally-related diseases.





# How Nurture is Helping

cooking classes



education  
(nutrition and  
physical  
fitness)



philanthropy  
(donating food  
and cooking  
equipment)



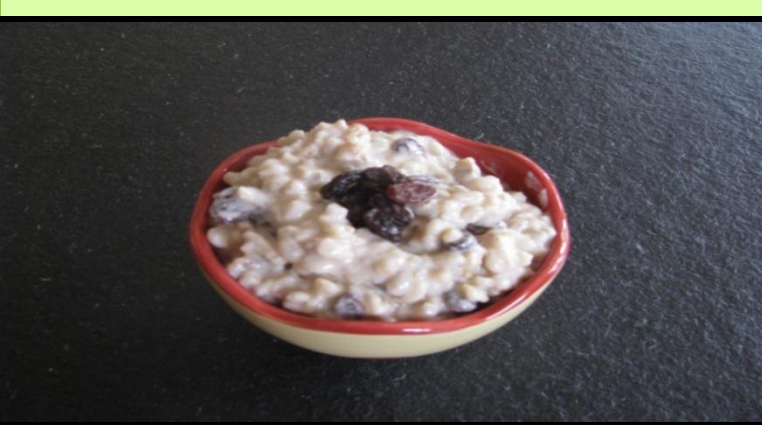
## Initial Feedback on our Program

- “**100%** of adult program participants rated the Nurture classes as **excellent.**”
- “**100%** of the **kids asked their parents to make the foods** they tasted at Nurture.
- “**100%** of adult program participants would **recommend** the program to another family.”
- “**100%** of the **kids enjoyed tasting new foods** at least most of the time.”
- **Recipes** rated a 8.39 (on average) on a scale from one to ten—between “**definitely make again**” to “**yummy.**”



## Program Results

- More **home cooked breakfasts** (majority of participant families)
- More **home cooked dinners** (majority of participant families)
- More **whole grains, lentils and beans** (consumption of these nutritious whole foods **increased to 3-5 times per week** on average)
- Increased consumption of **fruits and vegetables** (80%)
- Increase in **weekly exercise** (80%)
- Increase in **energy** (70%)





## You CAN Make a Difference!

From our adult and child participants:

- “I had so much fun learning about how to feed my family better, healthier and cheaper best of all. Thank you.”
- “We definitely changed our way of cooking and preparing meals. We eat more fruits and veggies and more protein.”
- “(My favorite thing was) SLOW COOKER cooking!! It changed my life.”
- “(I learned from Nurture that) you can make things that are healthy that taste good.”





## Next Steps for Nurture

In the 2009-10 year, Nurture will launch two new programs:

1. **Teen-mother support.** Providing nutrition education, cooking classes and equipment for the mom as well as child. This program will teach moms to make their own baby food and Nurture themselves along the way.
2. **All Spanish-language program.** A Nurture curriculum for the growing number of Spanish-speaking families, with recipes modified to suit ethnic taste and customs.





# Thank you!

