



November 14, 2011

Nutrition Classes Offer Healthy Meals for the Budget-Conscious

Seasoned non-profit lends vital experience to local organization to educate community.

November marks the beginning of an exciting collaboration between [The Hunger Coalition](#) and [Nurture](#). The two non-profit organizations will co-host educational and nutritional workshops for local families and individuals looking to improve the healthfulness of their meals while staying on a budget.

The partnership kicks off with “**Slow Cooker Cooking 101**” on **Wednesday, November 16th from 5 – 6pm at the Presbyterian Church of the Big Wood. Space is limited and participants must pre-register. Please contact The Hunger Coalition at 788-0121 for registration information.**

More than a cooking class, “Slow Cooker Cooking 101” discusses the importance of breakfast and shares easy, nourishing recipes for a healthful start to the day. With something for the whole family, kids are encouraged to attend and will be offered games and activities in addition to kid-friendly recipes and cooking lessons. **Families can receive a Hamilton Beach Slow Cooker along with recipe ingredients for participating.**

For more than ten years, Nurture has been offering free cooking classes to resource-limited participants in the Chicago area. Founded by Kathryn Guylay to empower family members of all ages with the ability to prepare healthy and delicious meals, Nurture follows the proverb: “*Give a person a fish and feed them for a day; teach a man to fish and feed them for a lifetime.*” As a new resident of the Wood River Valley, working with The Hunger Coalition neatly fits Kathryn’s philanthropic vision while offering a new venue for a truly successful approach to improving community health and well being.

Integral to their mission, The Hunger Coalition actively promotes solutions and addresses the underlying causes of hunger through Client Resource Management, Educational Workshops, a Mentoring Program, and more. With Nurture on board, Executive Director Jeanne Liston believes, “We can truly empower our community with the tools and knowledge to create nourishing, inexpensive meals whether they attend a Mobile Food Bank or purchase their groceries at the store. These skills are universally appealing and fit every budget and family size.”

Both Nurture and The Hunger Coalition appreciate the generosity of the Presbyterian Church of the Big Wood, whose remarkable facility can accommodate entire families and provide an expanded educational component for kids. “We want healthy eating to be an experience the entire family enjoys,” adds Guylay. While parents attend the adult class, the kids will participate in their own class where they can have fun, learn, feel empowered about making good choices, and hopefully try some new things.”

The Hunger Coalition is the primary provider of food assistance to the general population of Blaine County and offers three weekly food distributions in Ketchum, Hailey and Bellevue throughout the year for families and individuals facing hunger. To learn more, please visit www.thehungercoalition.org or contact them directly at (208) 788-0121 (208) 788-0121.

Nurture is a non-profit organization based in Illinois 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. For more information, please visit the Nurture website at www.nurtureyourfamily.org or contact Kathryn Guylay at KG@nurtureyourfamily.org.