

# PIONEERLOCAL

## Kids cook up healthy meal for folks in need

<http://www.pioneerlocal.com/trend/2249960,trend-youngchefs-051310-s1.article>

May 13, 2010

With a little help from Nurture, a volunteer teaching program, and the Junior League of Evanston-North Shore (JLE-NS), 40 children prepared meals for their families and families in need.

The Young Chefs cooking class took place March 11 at the Winnetka Presbyterian Church. The class was part of TV Tune Out Week, sponsored each March by the Winnetka Alliance for Early Childhood to help families evaluate how they use TV and other screens in their lives.



**Young Chefs cooking class: (From left) Peter Marshall of Winnetka, JLE-NS volunteer Gina Gooden of Wilmette, Andrea McFadden of Glenview and Sara Nolan of Evanston**

*(Photo courtesy of Emily Marshall)*

### Nutrition education

The kids learned about the nutritional value of whole grains, then made fiesta casseroles by mixing brown rice, cottage cheese, salsa, black beans, fresh cilantro, cheese and seasonings.

Some of the food was taken to 150 people living at the Jonquil Hotel, a single room occupancy residence operated by Good News Partners in Chicago's Rogers Park.

Food costs for the residents of the Jonquil Hotel were underwritten by Peapod Grocers.

For more information on Nurture, visit [www.nurtureyourfamily.org](http://www.nurtureyourfamily.org). Contact JLE-NS at (847) 441-0995 or visit [www.jle-ns.org](http://www.jle-ns.org).