

## ***Evanston Review***

### **Plug Into Wellness**

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By **LEE A. LITAS** Trend Columnist

Forty-two young participants from around Winnetka, Wilmette, Northfield and Evanston turned off their TVs and turned into Nurture's "TV Tune Out" on March 10 hosted by the Junior League of Evanston-North Shore and Winnetka Presbyterian Church. Nurture (which stands for "Nutritional Upgrading Realized Through Underwriting, Resources and Education") volunteers led food stations and conducted interactive and educational mini-workshops that enabled the kids to make nutritious meals - from snacks to dinner - to be donated to prenatal clients of Family Network, a not-for-profit, non-sectarian, family support agency in Highland Park.

"(Our) goal is to provide nutrition and wellness information for the children in this community, to give them a sense of where they are relative to the wider community and what their role is in helping others," said Founder and Executive Director of Nurture Kathryn Guylay of Winnetka.

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**Kathryn Guylay, founder and executive director of Nurture, and Julia Goodhouse, Nurture's director of food and recipe development, both Winnetka**

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**Nurture board member Gina Gooden from Wilmette with Taylor Smolcich (left) and Andrea Mcfadden both of Glenview | Lee Litas~for Sun-Times Media**

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**Plug into Wellness: The Impact of Nurture's Work for in-need families throughout Lake County | Lee Litas~for Sun-Times Media**

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**Plus into Wellness: Kathryn Guylay, founder and executive director of Nurture, addresses a group of volunteers prior to the TV-Tune Out Event hosted by the Junior League and Winnetka Presbyterian Church | Lee Litas~for Sun-Times Media**

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**Plug into Wellness: Jeanni McCormack, Highland Park, president of the Junior League Evanston-North Shore and Emily Marshall, president-elect of the Junior League of Winnetka**



**Plug into Wellness: Pam Fitzgerald, Winnetka, with her kids Grant, Grace, Audrey and Gillian check in.**

Pam Fitzgerald of Winnetka would have brought all five of her kids but one was sick at home. Instead she came with four including Grant, Gillian, Grace and Audrey who is just a few months old. "She'll watch and learn. They all like to cook and that's good. I need their help, there's lots of kids," said Fitzgerald.

Nurture is a non-profit organization whose mission is to empower family members of all ages with the tools and resources needed to prepare healthy and delicious meals, even when faced with limited time and budget. They freely share their information because "if a 'nurture' program existed in every church, synagogue, temple, at every community center and every school that would be our dream," said Guylay.

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