



**KIDS LEARN ABOUT HEALTHY EATING AND HELPING OTHERS
AT "YOUNG CHEFS" COOKING CLASS, A TV TUNE OUT EVENT**

By Emily Marshall

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Winnetka, IL – The non-profit Nurture and the Junior League of Evanston-North Shore (JLE-NS)



partnered to host the "Young Chefs" cooking class for kids on March 10, 2011, at Winnetka Presbyterian Church, as part of TV Tune Out week. During this hands on cooking class, led by instructors of Nurture with the help of JLE-NS volunteers, over 40 children prepared breakfast, snack and lunch / dinner recipes using easy, healthy and tasty ingredients. To top off the experience, the kids took part in helping families in need through the donation of a meal to prenatal clients of Family Network of Highland Park.

At the event, the children rotated through four learning stations during the hour-long class. The stations provided interactive learning opportunities for the children to understand how our bodies need food for energy. They also let the kids be "young chefs" by making yummy breakfast "Yogurt Parfaits" made of yogurt, fruit and whole grains, fun snacks called "Creepy Crawlers," whose bodies were made of whole grain crackers and sunflower spread, with pretzel stick legs and raisin eyes, as well as a lunch or dinner item called "Aloha Rice," featuring brown rice, pineapple and black beans. The children also added a personal touch to the meals donated to Family Network by coloring notes and writing messages to accompany the meals.

"It is important for kids to understand their role in the greater community and to see how they can be a productive, supportive community member," explains Nurture's Executive Director Kathryn Guylay. "Food offers us all a common ground to connect with each other on many different levels. I hope that kids today had lots of fun, but also got a perspective of the larger picture of how nourishing, healthy food can play a role in making the world a better place."

"The Junior League of Evanston-North Shore is pleased to work once again with Nurture this year on the Young Chefs TV Tune Out event," commented Jeanni McCormick, President of JLE-NS. "Building on a rich history of our League's partnership with other area non-profits, a number of our League members have also become involved in Nurture. The Young Chefs event also allows our League to join in the Junior League's nationwide initiative to promote healthy eating in children."

When asked about the class, 8 year old Lily Burchell of Evanston said, "I liked learning about 'Go' foods and 'Slow' foods by playing freeze dance and relay races. Protein and grains are 'Go' foods, which make your energy level go up and stay there longer than 'Slow' foods do. Examples of 'Slow' foods are doughnuts, sweets, and fatty foods. If you eat too many 'Slow' foods, all of a sudden you'll crash." She also liked making the Yogurt Parfaits because, "They were yummy, healthy, and easy to make."

TV Tune Out Week is sponsored each March by the Winnetka Alliance for Early Childhood to help families evaluate how they use TV and other screens in their lives.

Food costs for the families served by Family Network were generously underwritten by Peapod Grocers. Thanks also go to Winnetka Presbyterian Church for providing the space for the Young Chefs class.

About Nurture

Nurture's mission is based on the Chinese proverb: "Give a person a fish and feed him/her for a day; teach a person to fish and feed him/her for a lifetime". Nurture's 100% volunteer managed program combines philanthropic giving with hands-on teaching, providing limited-resource parents with tools to help them stretch their food dollars in a meaningful and healthy way. Nurture seeks to empower care givers with time efficient and cost effective means to provide healthy meals for their families while engaging kids in fun activities that help them to make healthy choices. The program, also available for schools, emphasizes the importance of physical activity as part of a healthy lifestyle.

For more information on Nurture, please visit www.nurtureyourfamily.org.

About the Junior League of Evanston-North Shore

The Junior League of Evanston-North Shore was founded in 1924 and is comprised of more than 300 active and sustaining members from over 30 communities in the Chicago metropolitan area. JLE-NS is an organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. League members commit thousands of volunteer hours each year to improve our communities. Since the League's inception, it has contributed over \$1.5 million to our communities through projects, scholarships, grants and programs.

For more information or to join our League, please call the League office at 847.441.0995 or visit www.jle-ns.org.