

WHOLE FOODS RAISES FUNDS TO TEACH BETTER NUTRITION

Donations from shoppers to help curb unhealthy eating habits among area residents.

By [Natalie Kaplan](#) | [Email the author](#) | February 22, 2011



Throughout December [Whole Foods](#) shoppers in Deerfield and Northbrook pitched in a little extra at the cashier for a good cause.

This year's recipient of Whole Foods' Bag Hunger Program was [Nurture](#), a nonprofit that focuses on addressing issues like childhood obesity and wellness in low-income families.

"Our mission is to empower members of all ages with the tools and resources needed to prepare healthy and delicious meals, even when faced with limited time and budget," regional director Lisa Brewer said.

In all, Whole Foods raised \$12,220 for the organization. The money will now go toward Nurture's programs, which includes cooking classes for families at various locations across the area.

"All of our recipes cost somewhere between 30 cents and \$1.50 per serving, and they're really good," Brewer said.

One of Nurture's upcoming events is on March 10 at the Winnetka Presbyterian Church, where the organization will put its recent donation to good use and teach local children about healthy eating habits. The hour long session will teach them how to make a fun and nutritious breakfast, snack, lunch and dinner.

It's exactly the type of training Brewer said some in the community need. "Oak Terrace Elementary in Highwood has 71 percent of [its] students on free and reduced lunch," she noted. "On the North Shore, 50,000 individuals fall into that category."

It's a problem that's much more publicized in Chicago but also exists in the suburbs, Brewer explained. "It's just hidden," she said about the need to "address pockets of people who fall between the cracks."