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# Hamilton Beach Donates Cooking Equipment to "Nurture" North Shore Families

By **Kim Treger**



: A Nurture participant spoon-feeds her appreciative son a taste of a rice-cooker-prepared healthy breakfast.

July 2010. Nurture, the Winnetka-based nonprofit group focused on improving the lives of limited resource families through education and philanthropy, has been awarded a significant equipment donation by Hamilton Beach Brands, manufacturers of Hamilton Beach slow cookers and Proctor Silex rice cookers.

Nurture's 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. Its mission follows the proverb: *Give a person a fish and feed them for a day; teach a person to fish and feed them for a lifetime.* More information about Nurture can be found at [www.nurtureyourfamily.org](http://www.nurtureyourfamily.org).

As part of participating in a Nurture Family Program, caregivers receive free cooking equipment such as rice cookers and slow cookers to reinforce Nurture's nutrition lessons. Nurture's healthy eating program focuses on five key food groups that allow participants to enjoy healthy home-made meals on an extremely limited budget: whole grains, beans, split peas, lentils and fruits and vegetables. All of these food groups can be prepared using Hamilton Beach's rice cookers and/or slow cookers. Nurture's volunteer instructors have found that the use of these simple, yet effective time-saving cooking tools help get participant families past the obstacles of "no time, no money and no expertise" that often send families to the fast-food line. With the tremendous support of Hamilton Beach, Nurture can expand its reach and offer hundreds of new program families rice and slow cookers, allowing them to foster healthy lifestyles at home.

Kathryn Guylay, Executive Director of Nurture, commented, "We are thrilled to partner with Hamilton Beach to broaden our reach and meet the needs of our family participants. Empowering caregivers with equipment is a key element of our offering and is

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obviously a huge expense for us. The ability to stretch our volunteer efforts through this corporate donation is amazing."

Hamilton Beach is a leading designer, marketer and distributor of small electric household appliances, as well as commercial products for restaurants, bars and hotels. Hamilton Beach has a broad portfolio of some of the most recognized and respected brands in the small electric appliance industry, including Hamilton Beach®, Proctor Silex®, Eclectrics®, Traditions®, TrueAir® and Hamilton Beach® Commercial. Hamilton Beach Brands is a subsidiary company of NACCO Industries, Inc. (NYSE: NC) of Cleveland, OH. More information can be found at its website: [www.hamiltonbeachbrands.com](http://www.hamiltonbeachbrands.com).

**Keywords**

Nurture, nonprofit, cooking, donation, Hamilton Beach



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