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[1]

Kathryn Guylay, MBA '95, has recently founded a non-profit organization, Nurture, to help low-income families improve nutrition and health through cooking classes, nutrition education and philanthropy. Her organization collaborates with food

pantries and other agencies that assist resource-limited families. Nurture's mission is to encourage healthy, home-cooked meals in place of unhealthy fast food. The program, which involves children as well as their adult caregivers, hopes to address the alarming increase in levels of childhood obesity.

Kathryn is no stranger to eating healthy on a limited budget. When she attended the McCombs school for her graduate work (and lived on a graduate student budget), she honed her low-cost recipes, incorporating staples such as whole grains, beans, and lentils. These are the basics for many of her program's recipes today.

Kathryn has recruited an extremely qualified team to deliver Nurture's program: A Ph.D. in nutrition, a registered dietician, a registered nurse specializing in pediatric clinical studies and a children's education specialist, among others. She and her team run on 100 percent volunteer steam, which gives the non-profit a unique value proposition to its supporters: 100 cents of every dollar donated go right into the programs, not to overhead or administration.

Kathryn received a BA from Emory University and an MBA from the University of Texas at Austin, McCombs School of Business. She spent a decade in management consulting, rising to a senior manager at The Alexander Group and later a principal at The Incentive Solutions Group. She credits her family for her continued passion for nutrition and healthy living. Her husband of 12 years is her best recipe reviewer. Her daughter (8) and son (6) spend hours with her in their vegetable gardens. She is an avid runner, roller-blader and pianist. She is also passionate about yoga, sustainable farming, eco-minded living and the slow food movement.

For more information about Nurture:

- [View the three minute video \[2\]](#)
- [Read recent news \[3\]](#)
- [Vist the Nuture Web site \[4\]](#)