

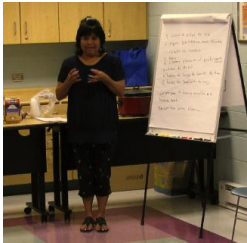


Nurture Volunteer Opportunities

January 2012

Help at Our MLK Day of Service Activity – Monday, 1/16, 9 – 1:30pm Recreation Center of Highland Park, 1207 Park Ave West, Gymnasium

On Martin Luther King Day Nurture will work with North Shore residents to create 250 non-perishable, 6-serving soup mixes for Moraine Township and Northfield Township food pantries. We need help setting up the booth, helping residents through the assembly line, and speaking with residents about Nurture and our work.



North Shore Health Center Reunion Class – Thursday, 1/19, 6:15 – 7:30pm North Shore Health Center, 1840 Green Bay Road, Highland Park

Help serve food, help children make a new recipe, or field questions from adults at our first potluck reunion class. Participants from summer programs will share their healthy creations, their successes and obstacles, and enjoy a family meal. After the class we'll need help compiling and translating a participant cookbook.

A Just Harvest – 7649 N. Paulina St., Chicago (Rogers Park)

Nurture, in collaboration with the Winnetka Presbyterian Church, prepares and serves meals to A Just Harvest Patrons who consist of one third homeless, one third families with children, and one third senior citizens.

You can help serve a meal between 5 and 7pm on the **3rd Monday of each month** and/or you can make a meal the weekend before at the Winnetka Presbyterian Church, 1225 Willow Road, Winnetka.



Saturday, 2/18 from 11:30 – 1:30 help with our Whole Grains Family Program. We need teachers, cooks, photographers, and administrative help.



Nurture Your School – Several locations

Nurture is piloting a new Nurture Your School elementary curriculum at several local schools. Volunteers are needed to help compile program impact data and create/edit curriculum materials. We are also looking for a designer to help create an attractive and uniform look for our materials.

Support Nurture Committee Work – From the comfort of your own home

Nurture is always in need of people to help create PR articles, organize special events, help prepare food for our events, translate our materials into Spanish, produce program impact reports, work with our partners to coordinate our programming, and help with administrative tasks. In addition we are looking for individuals who can devote 10 or more hours a week to help with committee or program leadership.



Training and mentoring is provided for all work, and it is all flexible in terms of timing of when it is done. In many cases projects can be matched to help build experience bases and resumes.

Sound interesting? Contact **Bonnie Masterman**, bonnie.masterman@gmail.com