

Bridge Communities, Inc. and Families Helping Families
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Homeless Mom in Transitional Housing Receive Valuable Nutrition Classes and Take-home Meals

FEB 19, 2011
KNOX CHURCH
10:30 am - 1:30 pm

NAPERVILLE, IL – February 19th, 2011 – Bridge Communities and its Program Partner, Families Helping Families (FHF) have joined together to offer classes that help the homeless moms in their Transitional Housing Program to solve the age-old dilemma: “How do I feed my family healthy quick meals on a limited budget .

Through a grant from J.R. Albert Foundation, Bridge and FHF will host a series of nutrition and meal preparation classes beginning on Saturday, February 19th from 10:30 am – 1:30 pm at Knox Church at 1105 Catalpa Lane in Naperville address. Through these classes moms in the Transitional Housing Program will learn strategies on how to feed their family delicious, healthy meals on a limited budget and dietary guidelines that could help them eat healthy for the rest of their lives.

FHF volunteer, Ms. Toni Havala, a registered dietician will give a lively and informative presentation on nutrition that provides **easy recipes** that feed families quick and nutritious meals. Suzanne Thibeault, a FHF mentor and experienced caterer, will demonstrate essential cooking skills such as dicing, chopping and safe meat and chicken handling. Moms will get **hands on practice** at skill-stations and will **go home with 4 fully assembled meals** for four people from the recipes that will be discussed at the class! In addition, each mom will receive **great cooking gifts**, including a **chef’s knife, cutting board** and a **crock pot!**

"We have been providing housing and life-skills mentoring for homeless families in DuPage County for the past 23 years and are very excited to go a step beyond with this new program. Feeding a family a healthy, delicious dinner on a limited budget can be difficult. We are thrilled that Ms. Thibeault and Ms. Havala have agreed to help teach our client families the skills needed to create life-long healthy eating habits," said Joyce Hothan, executive director of Bridge Communities.

Bridge Communities and FHF expects nearly 20 families with their children at this very special event. Naperville North High School students will join the day as volunteers to supervise the children while their moms are busy learning new kitchen skills. But the children will not be left

out in learning about healthy eating; they too will given interactive and fun nutrition lessons along with healthy snacks.

If you are interested in attending this event or learning more about our Programs, please contact Vicky Joseph at vmj@hotmail.com or 630-355-1043.

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Bridge Communities... *connecting homeless families with a better future* ... is a non-profit 501(c)(3) organization, whose mission is to provide transitional housing to homeless families in DuPage County through partnerships with faith-based and community organizations who provide mentoring relationships which root homeless families into local neighborhoods. In the past 23 years, Bridge Communities has helped over 1600 people cross the bridge from homelessness to permanent housing.

Founded in 1994, Families Helping Families (FHF), under the Bridge Communities umbrella, provides mentoring and financial support to homeless families as they gain financial literacy and break the cycle of poverty for their children. With an emphasis on education families are able to move from homelessness to permanent housing and, often, to home ownership. Families Helping Families provides support and mentoring for 10 Naperville families in Bridge Communities' Transitional Housing Program.