



## Fox Valley Food for Health



Fox Valley Food for Health provides meals, cooked & prepared by teens and adult volunteers, to individuals & their families in our community who are diagnosed or going through treatment for cancer or other health crisis'. Our meals are primarily organic and provide critical nutrients to support recovery. Our Healthy Meals Program is free for 12 weeks and we offer a continuation for minimal cost, known as Meals in a Snap. Our teen chefs not only learn cooking skills through our program but also undergo a nutrition education curriculum to instill the importance of clean, healthy eating and serving those in need. We also offer community education courses, such as our Caring Cooks Education Series, and partner with like-minded organizations to provide support and education throughout the Fox Valley area. Over the summer months, our teen and adult volunteers grow and harvest organic produce at the Food for Health Garden located in Mooseheart, IL. We partner with Mooseheart and with the help of their students, are able to utilize our produce in our Healthy Meals Program throughout the gardening months.

You can support our program by visiting and donating at [foxvalleyfoodforhealth.org](http://foxvalleyfoodforhealth.org) or come to our First Annual Sunday Fundy event at Penrose Brewing. Enjoy the warm weather, cold drinks all while supporting a great mission.

Aug. 4<sup>th</sup> 12-4 pm

Penrose Brewing

Tickets \$30

[Foxvalleyfoodforhealth.org/SundayFunday](http://Foxvalleyfoodforhealth.org/SundayFunday)