



FOR IMMEDIATE RELEASE

For further information, please contact:

Ann-Marie Soderstrom 630-897-1565, Ext. 7172

asoderstrom@girlscoutsni.org

Jean Henn 630-897-1565, Ext. 7132

jhenn@girlscoutsni.org

Future Female Chefs Needed for Simple Meals Test Kitchen!

DeKalb/Sycamore — Girl Scouts of Northern Illinois is seeking girls from the DeKalb and Sycamore areas to participate in a Simple Meals Test Kitchen program on select Saturdays from 12:30–3 P.M. at the HyVee Grocery Store, 2700 DeKalb Avenue in Sycamore.

- Session 1: Saturday, March 10
- Session 2: Saturday, March 24
- Session 3: Saturday, April 7
- Session 4: Saturday, April 21

Session 1, 2, 3 and 4: \$50 per girl; no fee for adult chaperones. Participants can save \$10 by registering for all 4 sessions at once. Registration deadline to register for all 4 sessions at once is February 22, or:

- Session 1: \$15 per girl / no fee for adult chaperones. Register by February 22.
- Session 2: \$15 per girl/ no fee for adult chaperones. Register by March 7.
- Session 3: \$15 per girl / no fee for adult chaperones. Register by March 21.
- Session 4: \$15 per girl / no fee for adult chaperones. Register by April 4.

This program is open to all girls in grades 4–5. There is an additional one-time \$12 fee for non-Girl Scouts. This fee registers participants as Girl Scouts, allowing them to participate in this program, as well as many others. To register, call Jean Henn at 630-897-1565, Ext. 7132.

Session 1: Girls will meet in the HyVee kitchen to learn the ins and outs of the kitchen from a chef's perspective. Participants will prepare their own egg dish to impress family and friends. The store dietitian will also be on hand to discuss healthy meal choices.

Session 2: Girls will say “Goodbye!” to boring lunches and “Hello!” to tasty, healthy lunches they can make on their own. Participants will visit the HyVee kitchen to make a nutritious lunch to eat and share with the group. A chef and dietitian will be on hand to help the girls decide on wholesome choices.

Session 3: Desserts are delicious! With help from the HyVee chef, girls will try their hands at improving desserts by making them healthier. Participants will use a cookie recipe and alter the ingredients using whole-wheat flour, applesauce and dried fruit for a delicious, more nutritious version.

Session 4: Girls will use HyVee’s kitchen and all the skills they’ve learned to make their own delectable meal using the MyPlate system.

Girl Scout Juniors can attend any or all of the sessions to help them earn the Simple Meals Badge.

About Girl Scouts of Northern Illinois

Girl Scouts of Northern Illinois serves nearly 20,000 girls and 6,000 adult volunteers in parts or all of Boone, Carroll, Cook, DeKalb, DuPage, Jo Daviess, Kane, Kendall, Lake, LaSalle, Lee, McHenry, Ogle, Stephenson, Whiteside, and Winnebago counties.

Through the Girl Scout Leadership Experience, girls in grades K through 12 are engaged in discovering themselves, connecting with others, and taking action to make the world a better place. Girls develop leadership potential by participating in age-appropriate activities that enable them to discover their values, skills, and the world around them. Activities in science and technology, business and economic literacy, and outdoor and environmental awareness provide girls with opportunities for fun and friendship while fostering the development of leadership skills and self-esteem. For more information on 100th anniversary activities, or how to join, volunteer, reconnect or donate to Girl Scouts of Northern Illinois, visit www.girlscoutsni.org or call 1-800-242-5591.

About Girl Scouts of the USA

Founded in 1912, Girl Scouts of the USA is the preeminent leadership development organization for girls with 3.2 million girl and adult members worldwide. Girl Scouts is the leading authority on girls' healthy development, and builds girls of courage, confidence, and character, who make the world a better place. The organization serves girls from every corner of the United States and its territories. Girl Scouts of the USA also serves American girls and their classmates attending American or international schools overseas in 90 countries.

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