

# WAUKEGAN PARK DISTRICT

## PRESS RELEASE

### Seeds of Truth

(Waukegan, IL September 21, 2014) — WAUKEGAN PARK DISTRICT-CULTURAL ARTS DIVISION is offering a new series of classes for children and families on how to create healthy and tasty meals. Cultured Vegan, Chef Rain Truth will teach basic culinary skills using step by step recipes that incorporate math, science, and the historical context of food origins and preparation. In this creative and fun class, students will learn cooking styles from different cultures and historical time periods and enjoy the food they prepared. Parents/guardians are encouraged to take the class with their child.

<b>Powerful Plants</b>	Ages 6-9	10/6-10/27	4-5pm	#4582
<b>Powerful Plants</b>	Ages 10-13	10/6-10/27	5:30-6:30pm	#4583
<b>Truffle Truffle</b>	Ages 6-13	11/4-11/25	4-5pm	#4584

All classes for the first family member are \$30 for Park District residents and \$35 for non residents, the second and all additional family members will pay \$20 for residents and \$25 for non residents. There is a \$10 supply fee per person due to Chef Rain at the first class. Classes are held at Lilac Cottage.

Chef Rain says that, “Food is the glue that brings people together regardless of ethnicity, economic status, background, or family structure.” Chef Rain Truth’s mission began with a focus on creating healthy meals and providing safe alternatives to those with special dietary restrictions and allergens without compromising taste or quality. It has grown to include health, wellness and educating people on healthy eating. Chef Rain is a certified Vegan Lifestyle Coach and Educator, a nationally certified ServSafe® Allergens Specialist and Food Protection Manager.

For further information on “Seeds of Truth” at the Waukegan Park District, please call the Jack Benny Center for the Arts 847-360-4740. Register in person at the Jack Benny Center for the Arts located in Bowen Park 39 Jack Benny Drive, Waukegan, IL or online at [www.waukeganparks.org](http://www.waukeganparks.org). Partial sponsorship of the Cultural Arts programs is through a grant from the Illinois Arts Council, an agency of the State of Illinois.

### **About the Waukegan Park District**

Established on December 26, 1916, the district has 48 sites and more than 735 acres of land, including the 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. Properties are managed to the highest environmental and conservation standards. Facilities operated by the district include the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, the Waukegan SportsPark, the Waukegan Skate Park, the Waukegan BMX Track, recreational centers, an outdoor swimming pool, disc golf course, dog exercise area, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball and tennis. A full range of programs and services are offered year round for all ages, from infants to seniors as well as special needs populations. Healthy lifestyles, wellness initiatives, and a connection with the outdoors and nature are integrated throughout programs, services, and special events. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, the Bowen Park Theatre Company, and the Waukegan History Museum. There is something for everyone! The award-winning District employs 59 full-time and over 250 part-time, year round, seasonal, and temporary employees. The District is a member of the National Recreation and Park Association (NRPA), Illinois Association of Park Districts (IAPD), and Illinois Park and Recreation Association (IPRA). The district maintains national accreditation from the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), the Illinois Association of Park District (IAPD) Distinguished Agency accreditation and the Park District Risk Management Agency (PDRMA) accreditation and sustains a Level A Loss Control Program. The district was a NRPA Gold Medal Finalist in 2012 and 2013, and awarded the NRPA National Gold Medal Award for Excellence in Park and Recreation Management in 2013.

9.5.14/Comm. Relations

### **Contact:**

Debra Carl, Cultural Arts Specialist  
Waukegan Park District – Cultural Arts Division  
[dcarl@waukeganparks.org](mailto:dcarl@waukeganparks.org)  
847-360-4746