

*****For Immediate Release*****

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LOCAL KIDS CREATE COOKBOOK TO FEED HUNGRY

(St. Charles, IL) A year of hard work by area kids culminates by announcing the Kids Feeding Kids Cookbook is now available! The cookbook includes 800 recipes created *by* kids *for* kids. One Hundred percent of proceeds will be donated to the Youth Nutrition Program (YNP) of Northern Illinois Food Bank (NIFB). YNP uses a multifaceted approach to feeding kids year-round. Some programs include the After-School Nutrition Program, the BackPack Program and the Summer Food Service program. Food banks across the nation have seen an alarming increase in the number of people needing help. NIFB has seen demand surge by 35% in the last year alone.

The cookbook was the idea of 5-year-old Carson Pazdan of north suburban Barrington. Through an extensive grassroots campaign, hundreds of kids got onboard to help the hungry by submitting recipes. Several celebrities including Oprah Winfrey, Maria Shriver, Chris O'Donnell and Sean Hayes also joined the effort. "Just getting that amount of people behind this...it's a very inspirational story to be a part of" says Jarrod Daab, Associate Director of the Northern Illinois Food Bank.

About Northern Illinois Food Bank:

Northern Illinois Food Bank (NIFB) is a non-profit organization that provides food to all those in need through its 520 partner agencies in the following 13 counties - Boone, DuPage, DeKalb, Grundy, Kane, Kankakee, Kendall, Lake, McHenry, Ogle, Stephenson, Will and Winnebago. NIFB acquires, gathers, handles, and distributes donated, government, and purchased food to more than 60,000 different people each week through local food pantries, soup kitchens, shelters, youth activity centers and other food assistance sites. In Fiscal Year 2009 NIFB distributed over 27 million pounds of food. The Food Bank has recently launched a Capital Campaign to build a new Food Distribution and Community Nutrition Center to enable them to handle more food more efficiently to meet the increasing demand.

For more information go to www.northernilfoodbank.org