



**PRESS RELEASE**

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**EVENT CONTACT**

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**The Junior League of High Point Hosts Crock-Pot Cooking Class  
for YWCA Adolescent Parenting Program**

**High Point, NC, October 20, 2018** – The Junior League of High Point (JLHP) hosted their third annual Crock-Pot Cooking Class for participants of the High Point YWCA Adolescent Parenting Program. The event included a tutorial on healthy eating and a demonstration on how to use a Crock-Pot to provide affordable, nutritious and hearty meals for a family. Each member of the YWCA Adolescent Parenting Program received their own Crock-Pot along with several ingredients and kitchen tools. The Crock-Pots provided at this event were funded by a generous grant from Good Friends of High Point. The JLHP hopes to empower these young women to provide their children with healthy meals as they balance the competing demands of family, work and/or school.

*"We are so thankful for the YWCA and their partnership for this meaningful event", says Lyll Moore, JLHP Community Impact Chair. "Our 3rd annual Crock-Pot Cooking Class was a great success and truly shows what the Junior League of High Point is all about. We are fortunate to be able to interact with the YWCA's Adolescent Parenting group and hopefully have made an impact in their lives."*

The JLHP is dedicated to combating hunger in the High Point community. Their Community Impact Team has participated in a number of partnerships and initiatives aimed at raising awareness and fighting hunger in creative and unique ways.

*"Over the past 90 years the Junior League of High Point has championed causes including childhood literacy, arts education, historic preservation, and most recently hunger," says Dr. Sadie Leder Elder, JLHP President. "Our Crock-Pot Cooking Class is a novel way to help young mothers address the needs of their family. We are proud of the partnership we have with the YWCA and what we have done together over the years to promote the health and wellness of women and children in our community."*



Front row (L-R): *Hannah Weant, Lyall Moore, Rachael Cusick, Amy Robinson, Judy Sweger, Zafeira Paradis*; Back row (L-R): *Melina Antoniou-Davis, Grace Lackey, Elizabeth Lynch, Lane Butler, Alison Kelly*



Each class participant received a JLHP goody bag and a Crock-Pot. These gifts were made possible by a generous grant from Good Friends of High Point.

### **About the Junior League of High Point:**

Mission Statement: "The Junior League of High Point, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers."

Since 1928, the Junior League of High Point, Inc. has empowered women through leadership training and development to positively impact the High Point community. As a member, a woman can expect to gain an awareness of important social issues, build effective communication skills, participate in fundraising efforts and accomplish significant goals through teamwork on a variety of projects. Members also develop strong, enduring friendships through involvement with community projects.

For more information you may contact the Junior League of High Point, Inc. at 336.889.5479 or [info@jlhp.org](mailto:info@jlhp.org). You may also visit our website at [www.jlhp.org](http://www.jlhp.org).

#### **The Junior League of High Point**

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