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## **WAHU-Fox Valley Donation and Member Transforms Harbor House Kitchen**

Kimberly, Wis. – October 29, 2008 – It's Christmas in October for the Harbor House thanks to a generous donation of eight new kitchen appliances from WAHU-Fox Valley Chapter. The timing could not be better, as October is Domestic Abuse Awareness Month.

Fox Valley – WAHU Board Member and Network Health Plan employee, Jeff DesJardins, leveraged his research and frugal shopping skills to procure excellent pricing and rebates on the appliances. He will use the rebates to purchase new cookware for the shelter residents.

The newly refurbished Harbor House kitchen includes:

- Stainless Steel frost-free stand up freezer
- Stainless Steel double oven with glass cooktop, microwave and range hood
- Island style oven/stove with wheelchair accessibility
- Free-standing microwave with wheelchair accessibility
- Food processor/blender
- Coffee maker
- Pizza oven (donated by John Zuleger)
- Bag of various spices for cooking (donated by Jeff Des Jardins)
- Cookbooks (donated by Chris Hanson and Jeff Des Jardins)

In addition to donating the appliances, WAHU-Fox Cities hosted a "Cooking with Jeff" evening, to show women at the shelter how to take common items from their pantry and make a nutritious meal, at a low cost. Jeff's frugality in cooking was the highlight of the event, as he successfully fed 12 women and their children for \$53 with plenty of leftovers. Jeff prepared his own low-cost, nutritious recipes he created during his years of living on a budget with children at home.

**Harbor House** ([www.harborhouseonline.org](http://www.harborhouseonline.org)), founded in 1984, is committed to fostering community-wide partnerships in the awareness and prevention of domestic violence and abuse and offers safety and support to diverse families and individuals in crisis.

The **Wisconsin Association of Health Underwriters** ([www.ewahu.org](http://www.ewahu.org)) represents individuals engaged in providing products and services that help finance the cost of health care for Wisconsin consumers. WAHU represents over 3,000 health insurance professionals throughout Wisconsin.

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