



Cooks River Valley Times
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Cooking for a cause: Kate Boyle contributed a recipe to *Cooked With Love - Recipes My Mother Taught Me* which is being sold to raise funds for the SISTER2sister Program, a Life Changing Experiences Foundation initiative.
Photo by GEORGE VOULGARPOULOS.

Recipe for love

HANDED down from their mothers, 100 women have contributed a special recipe steeped in memories of their childhood to a cookbook for a cause.

Among the *Cooked With Love - Recipes My Mother Taught Me* contributors is Marrickville's very own Kate Boyle who volunteers her time to the SISTER2sister Program, a Life Changing Experiences Foundation initiative.

"My contribution was my Mum's famous chicken soup," Ms Boyle said.

"She always made it on the first cold day of autumn and that kind

of signalled winter was on the way.

"I can remember the smell wafting through the house, it's one of my favourite childhood memories and I have managed to adapt her recipe for my slow cooker."

All proceeds from the cookbook sales will go directly to the SISTER2sister Program; a 12-month mentoring program helping teenage girls overcome parental loss, domestic violence, sexual abuse, depression and self harm.

Each girl is matched with a mentor who is there to guide and support them to make positive changes in their life.

Once a lawyer and now a marketing executive, Ms Boyle - who has been a SISTER2sister volunteer since 2007 - said the organisation did incredible work.

"And we're very keen to continue that work," Ms Boyle said.

"Life Changing Experiences Foundation relies on public donations for its funding and the book is not only a fundraising effort for a very worthwhile cause but also a celebration of mothers and daughters."

For information on becoming involved in the foundation or to purchase the book, see lifechangingexperiences.org.