

CERES COMMUNITY PROJECT

SPRING 2018 NEWSLETTER



It's been six months since devastating wild fires raced through our community. Slowly we're finding our way to a new normal, yet thousands are still grappling with loss and trauma. We are holding them in our hearts.

The fires and the role we've played in responding to them in the short and long term had us step back and take a hard look at our work. We realized our highest calling is to focus on and invest in our core programs - nourishing our neighbors struggling because of a serious health condition, and empowering young people to grow into healthy, compassionate and productive members of the community.

As a result, we made the tough decision to close the Ceres Café in Santa Rosa in mid-March in order to expand the number of families we can serve. The Café was a huge success. We introduced hundreds of people to healthy eating and provided job training for a dozen young people. But it also limited our ability to grow our Meal Program at the Santa Rosa program site.

With space freed up **we will increase our capacity at our Santa Rosa program site by 75% this year** – from 40 to 70 client families served each week. We're also committed to serving more youth. Our new Santa Rosa garden, as well as the additional meals we'll prepare at this site, will allow us to engage 30 new young people.

We're also strengthening our core program in Marin County. We're hiring a dedicated Community Relations & Development Manager who will focus on engaging more teen and adult volunteers, and building financial support for program expansion.

Last but certainly not least, we've just **launched our groundbreaking three-year medically tailored nutrition pilot being funded by the state of California.** Ceres is proud to be one of six agencies who will serve a combined 1,000 patients across the state. Our work together could create a pathway to a cost-effective, "food as medicine" healthcare solution reimbursable by government or private insurance.

None of this would be possible without support from community members like you. With your help, we're making a life-changing difference every day for families struggling with a serious health issue and youth as they discover their place and purpose in our world.

This is a critical time in the North Bay as we rebuild not only our homes but the caring connections that make our community unique and strong. Ceres is deeply committed to a healthy and vibrant future for everyone. Thank you for working with us to make it happen.





Our New Garden is Born

Our Santa Rosa garden's first season is underway! Now youth in Santa Rosa can taste the full range of our "soil to table" food system education as they alternate between volunteer shifts in the garden and adjacent kitchen. Equally important, the garden allows youth for whom the kitchen is too fast-paced and stimulating a calming space where they can grow and learn. The youth are beginning to plant and it's looking more like a garden everyday---inspiring to say the least! We hope you'll stop by and stroll through often.

We work in the garden every Monday and Wednesday afternoon. Contact Lee Foster, Garden Coordinator, for information about volunteering. Lee@CeresProject.org

There are many people to thank:

Erik Moe and Santa Rosa BSA Troop 32 Cub Scouts designed, built & installed raised beds and worm bins for composting

Sara and Bruce Champie, Bryan Huggins-garden shed design & construction

Jail Industries and Emerisa Gardens—donated perennial plants

LifeCycle Landscapes, Perennial Abundance Permaculture and Tom Danaher Irrigation design, installation and electrical wiring

Pace Supply, Grab 'n Grow, Burgess Lumber and Harmony Farm Supply & Nursery donated materials;

Straight Line Fence company discounted materials and labor

And big thanks to our garden's funders: **Terry and Joanne Dale, Impact 100 Redwood Circle, UNFI Foundation, Frontier Co-op, Dean Witter Foundation**

Let us cater your event!

Beautiful, delicious and nourishing food for every occasion!

- We use only foods raised and sourced sustainably, with most ingredients certified organic and locally produced
- We provide job training experience to hundreds of young people each year
- You'll be supporting Ceres' programs empowering youth and supporting low-income community members with healthy, organic delivered meals during illness

Let us help you plan your next party, business lunch or celebration!

Contact us today 707-829-5833 x304 or catering@ceresproject.org

CeresProject.org/Catering



CATERING

by



Joining the Hive

Curiosity about the eye-catching bee sculpture that graces our Sebastopol kitchen's garden first led Chantal Vogel through our door five years ago. Artist Patrick Amiot selected the bee as his subject matter to reflect the hive of collective, selfless activity happening within Ceres. Chantal and her husband, Darrell "Lupi" Luperini, now find themselves at the center of that hive each week through their volunteer roles as part of our morning kitchen "prep" team.

Their generosity doesn't stop there. Chantal and Lupi are members of the Kale Club for monthly donors, and enjoy attending Harvest of the Heart (our annual fundraiser). Chantal even donated a piece of her own mosaic art for last year's auction.

Fun facts and observations from Chantal...

Favorite volunteer job? *Washing and chopping kale! 180 cups a shift.*

Favorite Ceres recipe? *Tuscan Kale Salad*

Most memorable experience? *Cooking during the fires. Everything was streamlined. Ingredients arrived, sandwiches were made, and delivery people were ready to whisk them right off to the emergency shelters. I love that volunteering at Ceres is always an efficient process, well planned out no matter what the job is.*



Whole Foods Market Expands Support

You can now purchase family meals and sides made from Ceres recipes in the Prepared Foods section of all 43 Northern California and Reno area Whole Foods Market locations. Each sale of these items generates a donation to Ceres. It's never been tastier—or more convenient—to nourish yourself and Ceres. You'll find our Tuscan Kale Salad, Greek-marinated chicken, broccoli with caramelized onions and many other tasty, healthy selections. Donations from this innovative program are currently funding about 200 meals a week for our clients, and we're truly grateful to Whole Foods team members for their partnership!



Volunteers needed to support expansion of service. Please join us!

Providing healing meals and mentoring teens is only possible due to the dedication of our volunteers. Join us today in this important work.

Opportunities include: kitchen prep, mentors and container crew; Delivery Angels, especially in Sonoma Valley; Garden mentors; Teen Chefs & Gardeners

Benefits

- ♥ abundant appreciation
- ♥ make new friends
- ♥ free classes
- ♥ discounts on cookbooks and “extras”
- ♥ gain skills & work experience
- ♥ fulfill community service requirements
- ♥ give to your community

NEW!
Volunteer on
Saturdays in
Sebastopol!

Visit our event calendar at Connect.CeresProject.org to register for a volunteer orientation or contact Caroline Bañuelos, Volunteer Relations Manager, 707-829-5833 x202 or caroline@ceresproject.org for more information.

 **Volunteers are the Heart of Ceres**



Ceres Community Project
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Harvest of the Heart

It's our biggest event of the year
August 18 at the Ceres Community Garden

Step Right Up!

Now enrolling sponsors and table hosts.

Gain visibility and goodwill for your business by helping us put on our signature event.

Contact Scott McDougall
Scott@CeresProject.org
or 707-829-5833 x130

Tickets on sale now at
CeresProject.org/Harvest2018

