Medically-tailored meals delivered

21,082 youth service hours

731 clients served

% meals served that are ORGANIC: 100%

% clients living below 200% federal poverty level*: 60%

6,881 lbs organic produce grown in our gardens

1,014 attendees at 99 nutrition education classes

Youth volunteers: Four Hundred & Fifty from 66 schools

*annual income of $33,820 for a two person household.
Our world needs multi-level solutions like Ceres to address rising levels of chronic disease, social isolation and the climate crisis. We see the interconnection of these crises—and the solution to them—in transforming our food and healthcare systems, growing compassion and generosity, and empowering young people with the motivation and skills to become leaders and change agents.
“The most profound impact Ceres had on me was the kindness of the community. You get a sense of hope when you know there’s people batting for you, and you’re not by yourself in a kitchen cooking for one person. You get a sense that there’s a team out there supporting you.”

— Trevor, Cancer Patient and Ceres Client
ADVANCING FOOD AS HEALTHCARE

We made major strides in our Food is Medicine work, building the body of evidence in our second full year of a pilot serving Medi-Cal patients with congestive heart failure. A second, small study in partnership with Kaiser Permanente patients led to the launch of NOURISH, a large-scale randomized control trial running in 2020 with meals and nutrition counseling provided by Ceres Community Project for patients being discharged from the hospital.

“When my doctor told me my heart was healed, I told him it didn’t heal on its own. It’s because of the good, healthy food Ceres has been bringing me. When you leave the hospital, you’re so exhausted that the last thing you want to do is make something healthy to eat. Healthy takes longer.”

— Lora, Congestive Heart Failure patient in the California Medically Tailored Meal Pilot
We made a major investment in new technology in 2019 by moving our entire database to the Salesforce platform, including custom-built solutions for our client program and meal delivery. We’re already seeing returns in our ability to better assess client and youth outcomes and most importantly, to rapidly respond to emerging community needs such as the coronavirus pandemic. We are grateful to Salesforce for extensive pro bono support for this effort over the past 18 months.
REACHING NEW COMMUNITIES

In 2019, we expanded outreach to the Latinx community. We offered a series of 12 Spanish-language nutrition education classes in partnership with Sonoma Valley Community Health Center. Our SmartBox pilot project provided 17 mostly Latino families at risk of heart attack or stroke with 12 weekly nutrition education classes, prepared meals and grocery boxes paired with recipes to cook at home. And thanks in part to the addition of a full-time bilingual staff member to our Client Care team, we more than doubled the number of Spanish-speaking clients we served in Sonoma and Marin counties.

“My mom has had diabetes for 24 years. SmartBox helped us improve our health and eating habits, and stop eating fast food and junk food.”

— José, SmartBox participant
“Being a board member is about guiding our organization and making sure we are helping our community in the best possible ways. You need to believe in the ability of one individual to make a difference and be inspired by the group of people who have come together to make that difference in our community through the power of food.”

— Fintan O’Halloran, Ceres Teen Board Member (2019)
YOUTH PROGRAM GOALS

Each youth:

• Knows how to grow organic food and prepare a healthy whole foods meal.
• Understands the link between what they eat, their own health, and the health of the planet.
• Makes healthy food choices.
• Gains essential skills to be successful in school, work and life.
• Is an effective catalyst for positive change and fully contributing community member.

“I’ve become more conscious not only of my own nutrition, but of the effects of my eating habits in regards to the world.”

— Lael Joseph, Ceres Teen Leader
Thank you
WHERE DOES THE MONEY COME FROM?
TOTAL INCOME: $2,716,493

- **INDIVIDUALS**: 35.6%
- **FINANCIALS**: 21.3%
- **SPECIAL EVENTS**: 8%
- **BUSINESSES**: 8%
- **GOV’T**: 9.1%
- **IN-KIND**: 9.2%
- **EARNED INCOME**: 8.8%

WHERE DOES THE MONEY GO?
TOTAL EXPENSES: $2,801,631

- **HEALING MEALS**: 57%
- **COMMUNITY EDUCATION & OUTREACH**: 14.5%
- **FUNDRAISING**: 13.0%
- **NATIONAL AFFILATE**: 1.3%
- **GENERAL & ADMIN**: 14.2%

Thank you
To all our volunteers who contributed 42,768 hours, representing a value of $811,538

Statements of Financial Support

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<thead>
<tr>
<th></th>
<th>2019</th>
<th>2018</th>
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</thead>
<tbody>
<tr>
<td>ASSETS</td>
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<tr>
<td>Cash and Cash Equivalents</td>
<td>$332,794</td>
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<td>Accounts Receivable</td>
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<td>Inventory</td>
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<td>Capitalized Technology Costs</td>
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<td>Property and Equipment, net</td>
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<td>TOTAL ASSETS</td>
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<td>$1,790,111</td>
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<td>LIABILITIES AND NET ASSETS</td>
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<td>Accounts Payable</td>
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<td>Accrued Salaries and Wages</td>
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<td>Accrued Paid Time Off</td>
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<td>Deferred Grant Revenues</td>
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<td>Current Portion of Long-term Debt</td>
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<td>Without Donor Restrictions</td>
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<td>TOTAL LIABILITIES AND NET ASSETS</td>
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Creating health for people, communities and the planet through love, healing food and empowering the next generation

Learn more about our work by reading our Impact Reports at ceresproject.org/Publications.html

BOARD OF DIRECTORS
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Tina Green, Program Director
Deborah Ramelli, Communications Director

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