

2017 ANNUAL REPORT



Ceres

COMMUNITY
PROJECT



Highlights of the year



Frittata for 500

As ash rained from the sky, our staff and volunteers began arriving at our Sebastopol kitchen early on October 9. Our years of work marshalling volunteers and forging partnerships with farmers and food purveyors, civic and government leaders, allowed us to respond nimbly as the wildfire crisis unfolded. By the end of the day, we'd transformed our operation to prepare three meals a day for upwards of 500 people in shelters as well as first responders.

Over the next three weeks, our staff and volunteers delivered over 13,000 meals made with love. In the longer term, we've continued to serve fire victims who have medical issues, and are serving on a number of committees and coalitions working to rebuild and prepare for future disasters.



Alberto Cortés, Mama's Kitchen ED; Cathryn Couch, Ceres ED; Richard Ayoub, Project Angel Food CEO; and Mark Ryle, Project Open Hand CEO, on a recent visit to Sacramento.

State Invests in Food as Medicine Pilot

Thanks to leadership from State Senator Mike McGuire and our own Cathryn Couch, SB 97 was signed into law in June 2017. The bill funds a 3-year pilot assessing the impact of medically tailored meals on health outcomes and costs for congestive heart failure patients. Ceres is one of 6 nonprofit partners providing meals across California. The results have the potential to change state and national healthcare policy by making meals part of the standard of care for people with serious health conditions.



"Ceres has done life changing work in Marin and Sonoma counties. We couldn't be more excited to turn this local success story into a statewide program that will improve the health of those who need it most while reducing costs for taxpayers over the long term,"
—State Senator Mike McGuire



Teen Chefs from Ceres affiliate Caring Kitchen Project

Reaching New Communities

Our Affiliate Partners delivered over 100,000 meals in 2017, doubling the reach and impact of our own direct service programs. In September, our newest partner, the Caring Kitchen Project, began serving teens and clients in Mendocino County. Amor Healing Foods, a project inspired by our work, is now serving Charleston, SC and the surrounding area. Affiliate Partners attend a four-day onsite training and receive ongoing support and mentoring.



Learn about all our affiliate locations at CeresProject.org/Affiliates



Kids Can Cook!

Through our ongoing partnership with Sonoma County Libraries, we developed a special hands-on cooking class for children in 1st to 3rd grades. Offered at each branch location, the class reached 149 kids and their parents and covered topics from Eating the Rainbow to knife safety. Each child was able to prepare and taste two dishes, and take home recipes to share with their family. Ceres also offers classes in our own kitchens, and through Nutrition for Wellness, a partnership with the Forestville Wellness Center.



"Parent participants wish there were more classes like this. They are truly hungry for nutrition information, especially when it is coupled with the concept of healthier living for their children."
—Thais Harris, Nutrition Education Manager



Santa Rosa Garden

Our organic gardens provide an experience of healthy organic food from soil to table. The quiet, calm atmosphere welcomes youth who might not thrive in the busier pace of our kitchens.

Thanks to funding from UNFI Foundation, Frontier Co-op, Impact 100 Redwood Circle, Dean Witter Foundation and in-kind donors Soiland Co., Pace Supply Corp., Social Advocates for Youth and Harmony Farm Supply & Nursery, our Santa Rosa garden took root in the fall of 2017.



Youth are now working in the new Garden on Monday and Wednesday afternoons and just harvested their first crop of kale.

See a time-lapse video of the garden installation at CeresProject.org/SRGarden



Bumper Crop of New Teen Leaders

In December, our biggest group yet of 21 youth from all three program sites were honored for their accomplishments, and received their personalized white chef coats. Our Teen Leaders have demonstrated they've got the skills and experience to take on leadership roles in our kitchens and gardens, represent Ceres at events, and help shape the future of our youth programming. The program fosters work, life and leadership skills these teens can use for the rest of their lives.





Core Programs



CLIENT CARE

Anna Judd, Client

“Every week, it’s a miracle”

Through breast cancer treatment and a later recurrence, Anna Judd and her family were nourished with healing meals from Ceres. “Ceres meals are an absolutely unique gift for people going through serious illness. They not only provide the great nutrition your body needs, but they’re of restaurant quality, and are made with love. That’s an unbelievable combination. The high quality food helps you heal faster and gives your body the necessary ingredients to rebuild, and it’s so touching that it comes not from your friends, not from your family, but from teenagers who don’t even know you.”

104,007 meals 601 clients

See Anna talk about her experience in a presentation to Ceres volunteers at CeresProject.org/AnnaJudd



YOUTH EMPOWERMENT

Coco, Teen Leader, Chef & Board Member

“Ceres has been my joy and passion for a large part of my teen years. I have learned practical skills like cooking, great knife skills, and healthy eating. I gained amazing intangible skills, like team building, cooperative working towards a goal, public speaking (still hard!), leadership with kindness, and empathy channeled towards productivity.

Ceres has played an important role in shaping who I am today. I have loved watching teens that I gave orientations to become Teen Leaders. I have also really valued my time on the Board. I loved learning the inner workings of a non-profit, and deeply appreciate being taken seriously



for my point-of-view. I think Ceres’ biggest gifts are the satisfaction of helping others, and the sense of competency I have gained. Thank you for providing such a wonderful space for me to grow.”

24,642 youth development hours 408 youth



FOOD IS MEDICINE

Constance Earl, DO

“Most of the common chronic disease in this country is due to poor nutrition, lack of movement or exercise, chronic stress, and/or habits like smoking. While we can manage these illnesses with pharmaceuticals, more effective treatment is often found in good food and healthy lifestyle choices. At the Forestville Wellness Center, our goal is to support our patients and facilitate healthy behaviors. Our relationship with Ceres has been indispensable in this endeavor.”

Constance Earl, DO
Integrative Health Director, Forestville Wellness Center

Ceres teaches ongoing nutrition classes at this community clinic. Health practitioners “prescribe” them for patients to gain tools and information related to healthy eating and lifestyle choices. Each class involves a demo of a healthy dish, and the group setting is fun and supportive. Surveyed participants share how helpful they find the classes: “I am happy to learn how to care for my family so much better. It taught me that food is like medicine.”

474 nutrition education class participants



BUILDING COMMUNITY

Joya Heart, Volunteer

“Why Ceres? In a word, integrity. At Ceres, the staff, the volunteers, the teens, the clients and the wider community of neighbors and businesses – everybody is respected and valued. That’s integrity. I give my time and talents to Ceres because of how much I receive being a part of the Ceres’ community. When I think about how Ceres came together in response to the wildfires, how I needed a place that was home and family and work – for me, that place was Ceres. I felt

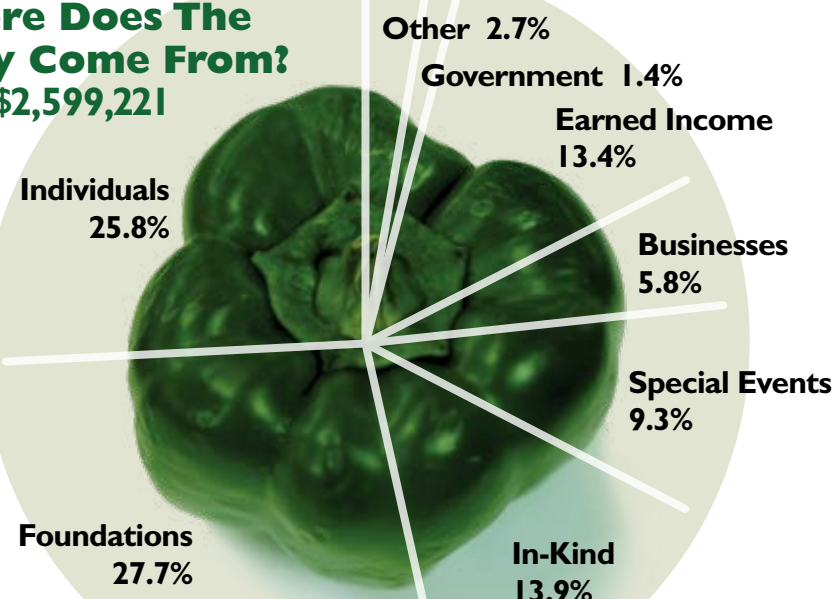


that same way during the five years I’ve volunteered. That my efforts were valued and important. And we had fun as we learned and taught and mentored together as a team. It still amazes me that the food always gets prepared and delivered, because each of us shows up, every week. I’m dedicated to Ceres because that’s what you do for the people that you love.”

22,039 hours donated 600 adult volunteers

Financials

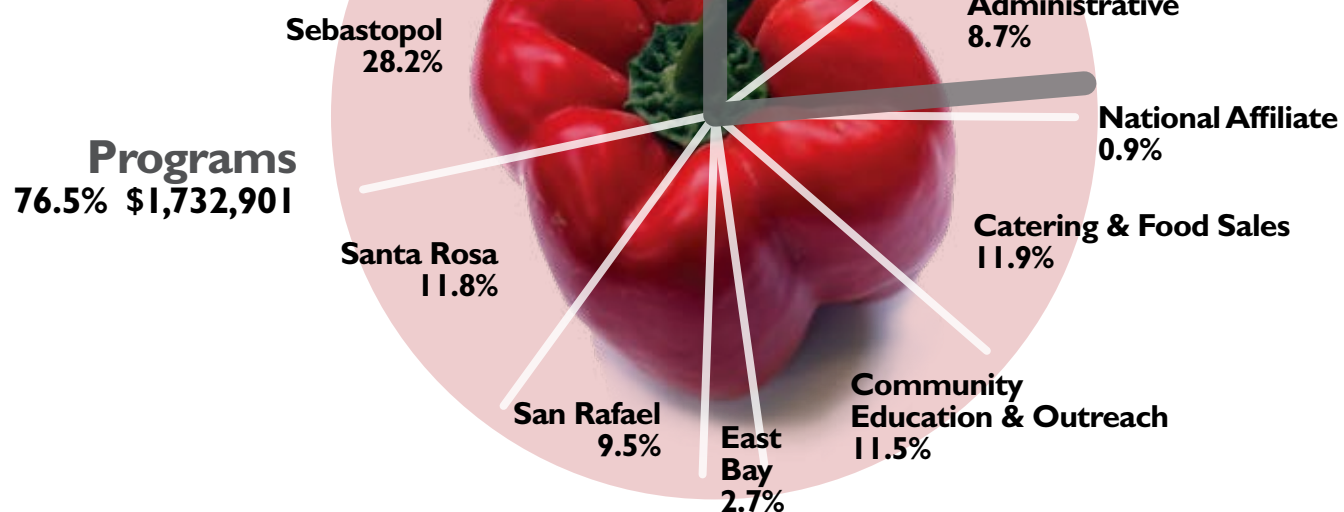
Where Does The Money Come From? \$2,599,221



\$752,680
Value of Volunteer Time
44,121
Hours Donated

Ceres volunteers at the 10th Anniversary Celebration

Where Does The Money Go? \$2,265,618



Statements of Financial Position

	2017	2016
CASH AND CASH EQUIVALENTS	\$400,613	\$275,233
Accounts Receivable	4,731	4,481
Inventory	12,955	17,060
Other Current Assets	10,843	13,603
TOTAL CURRENT ASSETS	429,142	310,377
Real Property Held for Sale	158,000	-
Prepaid Copier Expenses	26,739	33,287
Property and Equipment, net	1,151,659	1,119,353
TOTAL ASSETS	\$1,765,540	\$1,463,017
LIABILITIES AND NET ASSETS		
Accounts Payable	21,553	44,537
Accrued Salaries and Wages	30,916	-
Accrued Paid Time Off	43,941	32,005
Line of Credit	-	25,000
Other Current Liabilities	10,089	18,287
Current Portion of Long-term Debt	19,000	390,760
TOTAL CURRENT LIABILITIES	125,499	510,589
Long-term Debt	389,510	35,500
TOTAL LIABILITIES	515,009	546,089
NET ASSETS		
Unrestricted	1,193,012	817,912
Temporarily restricted	57,519	99,016
TOTAL NET ASSETS	1,250,531	916,928
TOTAL LIABILITIES & NET ASSETS	\$1,765,540	\$1,463,017

See Ceres Federal Tax Forms at CeresProject.org/FedTaxForms.html

Donors

\$50,000 and Over

Ernest L. and Ruth W. Finley Foundation
Greg Young and Jean Davis Joseph and Vera Long Foundation
Kimball Foundation
Walmart Foundation

\$25,000 to \$49,999

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\$1000 to \$2499

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\$1000 to \$2499

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KC = Kale Club Member

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We apologize for any errors or omissions. Please call 707-829-5833 x108 for corrections or other assistance.

FRONT COVER

Ceres Teens carry out soup for 500 to be delivered to fire evacuation shelters and first responders.

Photo by Tina Green

BACK COVER

A sampling of Ceres meals, packaged and ready for delivery.

Photo by Penny Wolin



Ceres
COMMUNITY
PROJECT

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www.CeresProject.org

Serving Marin &
Sonoma counties

Program Sites
San Rafael
Santa Rosa
Sebastopol

Printed on recycled paper

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