



CERES COMMUNITY PROJECT

# Nourishing Meals

Delivered to your home,  
with love



*Our meals are free or low-cost,  
delicious, healthy, and tailored to  
support you when you are ill.*



Serving Marin and Sonoma counties

*At a time when eating well  
is more important than ever...*

## Ceres Community Project can help

Ceres is a non-profit delivering meals designed to support you when your health is compromised.

- Our standard delivery is seven prepared meals each week. Depending on your situation and diagnosis you may qualify for additional meals or a grocery bag of simple-to-prepare items.
- We provide food for the whole family if needed.
- Meals are free of charge for clients with incomes at or below \$27,000 annually per person, and available on a sliding scale basis for those with higher incomes.
- Meals are medically tailored to address the nutritional requirements of most illnesses.

At Ceres Community Project we create health for people, communities and the planet through love, healing food, and empowering the next generation. We train teen volunteers to grow and cook healthy whole foods. They gain job and leadership skills, and discover the joy of giving to others.

We connect people of all ages and from all walks of life to one another. Together we are all creating a healthy, more caring community.

**CeresProject.org**  
or call **707-829-5833**

**Support our work:  
donations and volunteers welcome!**

Ceres Community Project  
PO Box 1562 | Sebastopol CA 95473  
Federal Tax ID 26-2250997





## A Ceres Meal is...

### Healthy

packed with flavor and nutrition

### Organic

healthier for you, and for our planet

### Local

the freshest foods, at their peak

### Medically Tailored

to address your specific nutritional needs

### Made with Love

by our teen and adult volunteers, because we care about you!

## We serve those who are:

- Experiencing a life-altering chronic or acute health condition, like cancer, diabetes or heart disease
- Having difficulty shopping or preparing meals
- Living in Sonoma or Marin County
- Of any age
- Stably-housed and able to refrigerate and reheat meals
- Not on hospice care

*Call us today to find out whether our service is right for you!*



Each week we include a wide variety of nutritious, delicious meals. Our food is 100% organic and features whole grains, fresh vegetables, and lean, pasture-raised animal products; never processed foods, additives or preservatives.

If you don't meet our program criteria, but would benefit from home-delivered healthy meals and have the financial means to purchase them, please call us. Purchasing full-price meals from Ceres supports our programs and your health. Space is limited.

*We are grateful to our donors and volunteers whose support enables us to provide meals free of charge to more than 86% of our clients.*

Learn more  
and see sample menus  
[CeresProject.org](http://CeresProject.org)

en español  
(707) 829-5833 x 203

Contact us now!  
[clientcareteam@ceresproject.org](mailto:clientcareteam@ceresproject.org)  
or 707-829-5833 x 201