

CERES COMMUNITY PROJECT 2019 ANNUAL REPORT



2019 BY THE NUMBERS

79,422

Medically-tailored meals delivered

youth
service hours

21,082

Youth volunteers:

Four
Hundred
& Fifty
from

66 schools

1,014 attendees

AT

99

NUTRITION
EDUCATION
CLASSES

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

*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 inter-connection 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.



MEALS WITH LOVE



“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 battling 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



BUILDING CAPACITY

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



EMPOWERING YOUTH



“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)

“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



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.

\$50,000 and above

Anonymous Donor
Community Foundation Sonoma County
Ernest L. & Ruth W. Finley Foundation
Marin Community Foundation
Justine M. Miner
Nan Fuchs Estate
Nancy H. & James Kelso Fund
Ren Nelson
Vital Projects Fund, Inc
Whole Foods Market
Greg Young & Jean Davis

\$25,000 - \$49,000

The Bothin Foundation
Costco Wholesale Corporation
County of Sonoma
The Dutton Family
Fund for Shared Insight - Listen4Good
Glassybaby White Light Fund
Ginnie & Peter Haas Jr Fund
Daniel Shanahan

\$10,000 - \$24,999

American AgCredit
The Bancroft Foundation
Bank of America Charitable
Foundation
Barbara Baumgardner Estate
Bethlehem Foundation
Clif Bar Family Foundation
Clover Sonoma
Dandelion Foundation
John & Diane Fitzpatrick
Frontier Natural Products Co-op
The Goodman Family
Gourmet Mushrooms, Inc.
Grace US Foundation
Hollie Greene & Jim Rottman
Harbor Point Charitable Foundation
Harbourton Foundation
Impact100 Sonoma
Jonas Family Foundation
Marilyn & Jack Jones
Sharon Keating & Ron Bartholomew
The Kimball Foundation
Karen Knudson & Terri Tachovsky
Steve Maass
North Bay Cancer Alliance
Margo & Mike Requarth
Soiland Co, Inc
Sonoma County Vintners Foundation
To Celebrate Life Breast Cancer
Foundation
UNFI Foundation
Wells Fargo Foundation

\$5,000 - \$9,999

American Contract Bridge
League Unit 509
American Red Cross
Andy's Produce Market, INC
Cindy Berrios & Ricardo Budjak
Bill Graham Supporting Foundation
of the Jewish Community Federation
and Endowment Fund

Michael & Cathy Casteel
Clark-Janis Foundation
CROPP Cooperative / Organic Valley
Exchange Bank
Jane & Gary Facente
Jason & Tiffany Gittins
Scott Gross
Healing Kitchens Institute
Jolson Family Foundation
Kaiser Permanente, Community
Benefits Programs Marin Sonoma Area
Keysight Technologies
Patricia London
Johanna Lucas
Bill MacElroy & Ronald Treleven
Neil & Ameilia McDaniel
Patagonia
Redwood Credit Union
Redwood Hill Farm & Creamery, Inc.
Joe Rogoff & Susan Hirsch
RSF Social Fund
Safeway Foundation

Kate Schaffner
Barbara & Jacques
Schlumberger
Scott Evans Foundation
Irene Simpson
Vickie Soulier
Speedway Children's Charities
Sonoma Chapter
Sutter Pacific Medical Foundation
Syar Foundation
The Bear Gulch Foundation
The Herb Alpert Foundation
The Sholley Foundation
Josh Weil & Claire Mollard
Willow Creek Wealth Management

\$2,500-\$4,999

Abacus Wealth Partners, LLC
David & Sharon Beckman
Bellwether Farms Artisan Creamery
CannaCraft
Cathryn Couch & Jeff Black
Rajesh Desai & Karen Gifford
Earthtone Construction
Exchange Bank Foundation
Neysa Hinton
Kathy & Marlon Housman
David Jasper
Kuroki Beckman Fund
David & Kelley Lannon
Denise Laws
Darrell Luperini & Chantal Vogel
Jill Melendy
Naish Davis Cancer Foundation
Navitas Organics
Osmosis Day Spa Sanctuary
Bonney & Ewing Philbin
Rotary Club of Sebastopol
Jim & Sandy Shelton
Santa Rosa Sunrise Rotary Club

Mark Short & Carl Ray
Gary Smith & Jamieenne Studley
Sonoma-Cutrer Vineyards
Jeff Sterley
Wildbrine LLC
Douglas Woodard & Terry Pennebaker

\$1,000 - \$4,999

Kelly Acheson
Allensby Charity Fund Trust
- San Rafael Elks Lodge
Arutz Family Foundation
Arrow Benefits Group
Bank of America
Rose Barlow
Robert and Colette Battaglia
Jon and Rose Batzdorff
Jenny Belforte
Heather and Joe Belli
Michael Bergin
Sarah Braga
Shelley Brown and Alan Siegle

Stan and Julie Burford
Jean-Claude and
Ninine Calegari
Nicole Canon

Centers For Spiritual Living
Alan and Deb Chai
Elizabeth and Ivan
Clinton
Kevin and Nancy Cooper
Elizabeth Conant and
Camille Cox
Rocky Daniels and Deb Trefz
Lynne Dammehold and Frank Barrett
Reed and Laura Dickinson
John Dolinsek and Kathy Kent
Doug Dossey and Kathrin Dellago
Caroline and John Ellis
Sarah and John Esterkyn
Todd and Leslie Everett
Evergreen 161 Sebastopol
Bill Facendini
Judith Flanders
Maggie Fleming and Damien McAnany
John and Evelyn Fletcher
Forestry Crab Feed
Rose Gavin and David Weinstock
Julia L. Grant
Gravenstein Lions Club
Hamish Gray
Genentech, Inc.
Tina and Jason Green
Peter and Jayne Hamel
Allison Hannah
Heck Foundation
Diane and Mike Hernandez
Human Race
Ira and Joanna Haber
Mary Sue Ittner and Robert Rutemoeller
Leona Judson
Bruce Johnson
Kenneth Krueger and

Andrea Manson Krueger
Ellen Klarberg
Jennifer Kuenster and George Miers
La Tortilla Factory
Jim Laufenberg
Jennifer Levine-Smith
Doug Lipton and Cindy Daniels
Martin Lowenstein and Inbar Telem
John and Risty Marckx
Mary and Bryan McCue
McKinsey & Company
Jane and David Meyers
Mount View Hotel
Moskowitz Family Foundation
Moss Adams LLP
Laura Murcek and Joel Adamich
Joan Musgrave
Marilyn Nagel
Bonnie Nichol
Laura and Andrew Odisio
Frances and Patrick O'Halloran
Joan Okasako and Douglas Schmucker
Matt and Judi Pereira

Kathryn Peyton
April Philips Scharlach and Gary Scharlach
Burr Pilger Mayer
Trish and Richard
Power

Presbyterian Church of Novato
Carlo Proto and Sheila Abdallah
Anna Ransome and Cary Fargo
Redwood Riders Motorcycle Club
Jeanne Romano and Anthony Schofield
Aimee Reedy and Eduardo Brambila
Paul Reiche
Pat Riley
Deborah and James Christian
Ritzenthaler
Rose Foundation for Communities
and the Environment
Caroline and Todd Stevenot
Troy Sanderson
Mitch Savitsky and Cheryl Smith
Jim Schiebert and Sarah Kellner
Padi Selwyn and Reuben Weinzveg
Sandra Shulman
Mark and Vivian Stapp
Sam and Ailene Stokes
Jack and Diane Stuppin
Nadine Suto and Robert Ford
The EACH Foundation
The Michael Klarberg Giving Fund
Gregory Todd
United Way of the Wine Country
Eric Valianti
Jitesh Vasadia
Tom Waits and Kathleen Brennan
Jennifer Walker
Valerie Wathen
Wally and Ann Wathen
Robin Weintraub
Westamerica Bank
Janelle White
Lori Zaret

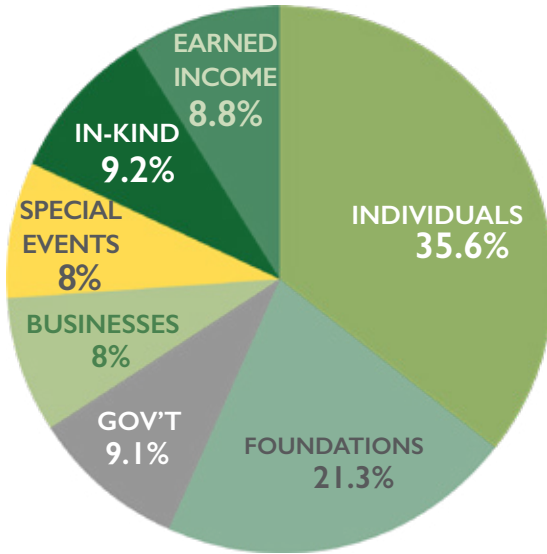
Thank you

We make every attempt to ensure the accuracy of this list. Please notify lgiaconni@eresproject.org if we have made an error.

FINANCIALS

WHERE DOES THE MONEY COME FROM?

TOTAL INCOME: \$2,716,493

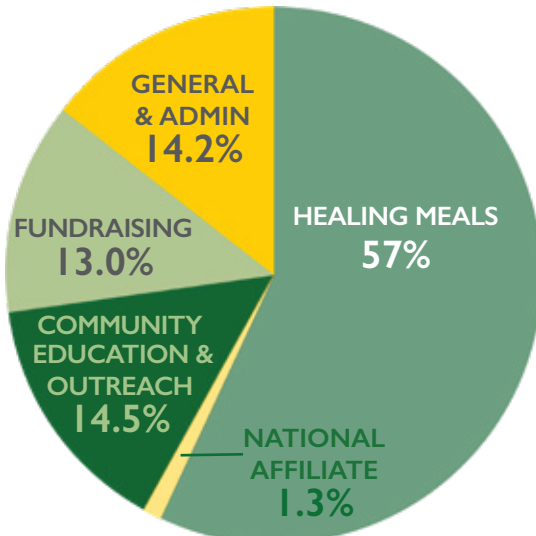


Thank you

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

WHERE DOES THE MONEY GO?

TOTAL EXPENSES: \$2,801,631



Statements of Financial Support

	2019	2018
ASSETS		
Cash and Cash Equivalents	\$ 332,794	\$ 449,594
Accounts Receivable	170,946	92,225
Inventory	2,762	10,448
Prepaid Expenses and Deposits	87,750	41,519
TOTAL CURRENT ASSETS	594,252	593,786
Prepaid Copier Expenses	13,640	20,917
Capitalized Technology Costs	137,113	66,465
Property and Equipment, net	1,060,509	1,108,943
TOTAL ASSETS	\$1,805,514	1,790,111
LIABILITIES AND NET ASSETS		
Accounts Payable	22,782	71,567
Accrued Salaries and Wages	63,961	53,914
Accrued Paid Time Off	5,984	34,597
Other Current Liabilities	11,138	18,573
Deferred Grant Revenues	70,000	-
Bank Line of Credit	75,000	-
Current Portion of Long-term Debt	20,000	20,000
TOTAL CURRENT LIABILITIES	318,865	198,651
Long-term Debt	351,249	369,922
TOTAL LIABILITIES	670,114	568,573
NET ASSETS		
Without Donor Restrictions	1,062,095	1,148,205
With Donor Restrictions	73,305	73,333
TOTAL NET ASSETS	\$1,135,400	\$1,221,538
TOTAL LIABILITIES AND NET ASSETS	\$1,805,514	\$1,790,111



*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

Jim Rottman, Chair
Joe Rogoff, Vice-Chair
Jamie Emerson-Heery, Treasurer
Aimee Reedy, Ed.D MPH, Secretary
Lily Cummings, Teen Board Member
Mia Fleischer de Kozan, Teen Board Member
Micah Reyes, Teen Board Member
Cindy Berrios, MSW
Kathy Housman
Denise Laws, RN, DNP
Jennifer Lorne
Carlos Lua
Johanna Lucas
Marilyn Nagel
James L. Schieberl, M.D.

LEADERSHIP TEAM

Cathryn Couch, Chief Executive Officer
Jenny Belforte, Chief Operating Officer
Laura J Giacomini, Development Director
Tina Green, Program Director
Deborah Ramelli, Communications Director



Ceresproject.org

Program sites: Sebastopol, Santa Rosa, San Rafael
PO Box 1562, Sebastopol CA 95473