MediCal patients with congestive heart failure. the ground-breaking California Mutrition Pilot for the vital connection between food and health, and County TEDx stage where she gave a talk about Cathryn Couch was also featured on the Sonoma on The Doctors medical talk show. Ceres' CEO the New York Times Science section and a segment between food and health, including a major story in educate millions of people about the connection Stories about Ceres' food as medicine work helped

Reach 42 Million

səinot2 sibəM

In January 2019 the EAT Lancet Commission

standards for food as medicine interventions. proposed a sustainable diet to protect the world's

conversations about the importance of food quality ecosystems, feed the predicted 2050 population, and

on the left lists the coalitions where we are leading within the food is medicine movement. The box built important partnerships to promote this diet forward, sustainably grown whole foods. In 2018 we chronic disease. It's the diet we use at Ceres – plant prevent more than 10 million deaths annually from

and Environmental

Connecting Personal

Health

team in Buffalo, New York that will be launching soon. headquarters last September. We also trained a new

completed training at Ceres' Sonoma County Aarhus Denmark in January 2019 after the team The first international Ceres Affiliate opened in

Spens in Denmark

Ceres Affiliate

California Food and Farming Network

California Food is Medicine Coalition

The Root Cause Coalition

Coalition Membership Helps Us Deliver Services and Shape Policy

• Food is Medicine Coalition

hospitalization for those receiving this support. show lower rates of emergency department use and patients with congestive heart failure. Early results education from a registered dietitian to MediCal referral partners to provide 21 meals a week and April. Ceres is working with dozens of health care design with the California legislature kicked off in The ground-breaking \$6 million study we helped

woM boo4 ningM •

Hearts of Sonoma County

Marin Food Policy Council

anisibaM si Proving Food

home, and prevent emergency department visits and

health status, support adoption of healthy cooking at

monthly support groups. The goal is to improve their

receiving a nutrition class, 5 heart healthy prepared

Rosa. Through a partnership with St. Joseph's Health

bilingual pilot Ceres is leading in southwest Santa

of heart disease are benefiting from an innovative

Low-income community members who are at risk

and Redwood Empire Food Bank, participants are

recipes weekly for twelve weeks, followed by 12

meals, healthy groceries and simple-to-prepare

Heart Health Pilot Supports Smart Box

hospitalizations.

we made two important changes to our Santa

In our continued effort to meet community needs

expansions for Santa Rosa and San Rafael are planned

an additional 13 to 15 families each week. Further

early afternoon adult shifts enabling us to serve

Rosa program site. We launched a 1/3 acre youth-

run organic garden in March. In July we added

Site Expands

Santa Rosa Program

and promoting solutions to the challenges of Ceres Community Project is a leader in creating

Our Impact

approach includes:

food systems and health.

intersection between sustainable and organic

Ceres is leading conversations about the vital

well. Within the food is medicine eco-system

to the healthy food they need to get and stay

health care policy so that everyone has access

medically tailored meals helps patients while

is building the evidence base that providing

County Department of Health Services – Ceres

studies with Kaiser Permanente and Sonoma

with the state of California, and several smaller

Through a ground-breaking \$6 million study

meals, and we trained two new teams in Buffalo,

seven active Affiliates provided 108,000 organic program to their communities. In 2018, Ceres'

internationally to bring Ceres' Healing Meals support teams across the country and now

• National Affiliate Program - We train and

and deepen caring connections across the productive lives; educate about healthy eating; knowledge and confidence to live healthy, empower 430+ young people with the skills, meals a year to those facing serious illness; provide 100,000+ organic medically tailored Working in Sonoma and Marin counties we • Healing Meals for Healthy Communities -

an unhealthy food system. Our comprehensive

Transforming Health Care & Food Systems

New York and Aarhus, Denmark.

saving health care dollars. The goal is to change

UOISIA empowering the next generation. planet through love, healing food and We foster health for people and the

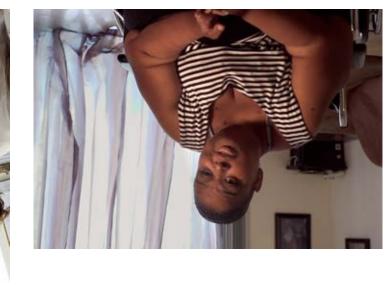
noissiM nuO

The Kate Schaffner I

sustainable world

A healthy, caring, just and





CERES COMMUNITY PROJECT ANNUAL REPORT

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Healing Foods Kitchen

OurWork

Kale

We are facing a growing crisis in the United States and around the world. Poor eating habits – particularly the reliance on fast and processed foods and refined sugars – are causing an epidemic of chronic disease. Too many people – including 42 million Americans – can't afford the healthy whole foods they need to live a happy and productive life. Agricultural practices are destroying habitats, depleting soils and contributing significantly to climate disruption. And too many of us feel alone, without the connections and support that are essential for health.

AMBASSADOR COUNCIL BOARD OF DIRECTORS Jim Rottman Donald I. Abrams, MD

> Chairman of the Board Joe Rogoff
> Vice-Chairman of the Board

Carlos Lua Treasurer

Nichole Warwick, MA Secretary **TEEN BOARD MEMBERS**

Fintan O'Halloran Maryn Pryor

BOARD MEMBERS

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This Annual Report was produced in-house

with the help of staff and volunteers. Editors: Cathryn Couch & Deborah Ramelli

Design & Photography: Kim Stuffelbea

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LEADERSHIP TEAM Cathryn Couch Chief Executive Officer Cami Kahl Chief Operating Officer Scott McDougall **Development Director Deborah Ramelli** Communications Director **Matt Smith**

Program Director

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Rebecca Katz, MS

Michael Lerner, MD

Liz Lipski, PhD, CCN

Barbara Sattler, RN, DrPH, FAAN

Brian Thomas Swimme, PhD

Michael Pollan

James S. Gordon, MD

COMMUNITY **PROJECT**

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Program Sites · San Rafael · Santa Rosa · Sebastopol

Teens prepare meals at our Sebastopol program site with support from adult Kitchen Mentor volunteers.

Ceres Community Project is at the forefront of a movement to build a healthy, just and sustainable world where every person has access to the healthy food and caring connections they need to thrive. Ceres – and our Affiliate Partners – are the only nutritional meal providers in the country committed to 100% organic food, and the only ones engaging youth as the primary gardeners and chefs. Building on our decade of experience supporting individuals with serious illness, Ceres is now leading policy change in two vital areas: integrating food into health care as a reimbursable medical expense, and establishing food quality standards that support health for people and planet.

Changing the World One Meal at a Time

"Tending our soil organically comes with an understanding that growing food is an act of interdependence with all

living things. The health of our bodies depends upon the health of our ecosystems, the two cannot be separated."



Deb Greene-Jacobi Volunteer Kitchen Mentor, since 2012

Value of adult volunteer time \$502,587 21,078 hours

Healdsburg.

Sebastopol



Guerneville

Sandra Tafur Ceres' Bi-lingual Instructor

Ceres offered Windsonutrition classes, reaching 414 students

Santa Rosa

Cota





Together, our seven

• Clients: 1,300

• Meals: 108,000

Conferences

• Teen Hours: 12,700

• Teens: 850

Affiliate Partners served:

Spreading the Word

★ Equity in Organic Food Systems

- Sustainable Ag & Food System Funders Conference, Spokane, WA

– California Economic Development Association Training, Oakland, CA

– Climate Change Education Workshop Sonoma Environmental Education Collaborative, Sonoma County

– Esca Bona Food Conference, Austin, TX



Kenwood

Sonoma

★ Food System Social Enterprises

new 2019 affiliate

Denmark

Alex Farrow, Teen Leader

Sonoma Valley High School

Learning Hours

Sue Zee Poinsett

Kale Club member

& adult volunteer

San Rafael

56 Teen Leaders engaged

23,996 Youth Service

Kale Club members

provide ongoing

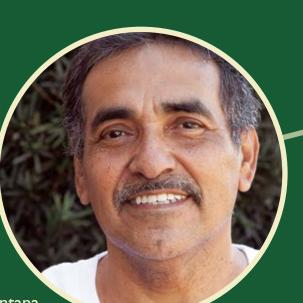
monthly donations

Transport Food is Medicine & Climate Change

Equity in Organic Food Systems

★ Women Food Entrepreneurs Panel - Food Funded Conference, San Francisco, CA

Congressman Jared Huffman, Farm Bill Roundtable, San Rafael, CA



COMMUNITY

PROJECT

Ceres Santa Rosa Garden

\$18,000 worth of

organic produce

grown at Ceres'

Jennifer Branham, co-owner

Laguna Farm, Sebastopol

Ceres purchased

organic, farms and

from 32 local,

food producers

Coordinator

gardens

Antonio Santana Santa Rosa Fire relief client

30 families received 5,139 meals as they continued to recover from the 2017 fires and medical conditions



extremely healthy food, but what you could really feel was the love in the food.

Healing Meals Client, Santa Rosa

67% of clients were in treatment for cancer

60% of clients live on less than \$32,000 per year for 2 people



"Ceres came

through with

Molly Schmidt Grants Chair, To Celebrate Life Breast Cancer Foundation

Foundation funder since 2007



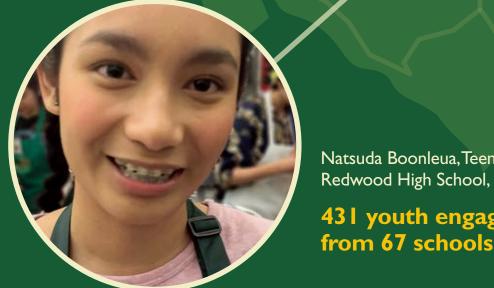
Petaluma Mark Kowalkowski

Corporate Chef, Oliver's Market Corporate Partner



Fairfax

"I learned how to work with other people and to encourage each other to the point that we become more confident in ourselves and trusting in our teammates."



Natsuda Boonleua, Teen Chef Redwood High School, Larkspur 431 youth engaged



Value of teen & adult volunteer time \$773,253 • 41,930 hours

Donors

Robert Kustel and California Departmen Karen Aresty Steve Maass Donald Mielke Ernest L. & Ruth W. Miranda Lux Patelco Credit Union Redwood Credit Daniel Shanahan KC Mark and Christina Sonoma County

Whole Foods Market To Celebrate Life Breast Cancer **UNFI** Foundation **GGS Foundation** \$5,000-\$9,999 Ginnie & Peter Haas Bank of America Heart/Land Fund of Kaiser Permanente Bear Gulch Founda Kimball Foundation Fund at the East RSD Charitable lames Christian and

Rocky Daniels and Ricardo Budjak Bethlehem Foundar Clif Bar Family Exchange Bank Julia L. Grant of

Frontier Natural Products Co-op Ouasi-Endowed Fun of the Greater Cedai Theresa and Michael Grace US Foundar Harbor Point

Programs 72.4% \$1,890,517

Jonas Family

David and Kelley Bill and Paula LeBlanc

Will and Julie Parish Joe Rogoff and Susan Hirsch Safeway Foundation

Rotary Club of Jim Rottman and Hollie Greene Jeff Sterley Jacques and Barbara Ronald Treleven and Mike and Gloria Rob and Sonya Chantal Vogel and Darrell Luperini Tom Shearer and Sally Joshua Weil and Claire **Sholley Foundation** Wildbrine, LLC \$1,000-\$2,499

at the East Bay

Jennifer Lynn Bice

Buck Family Fund

Jean-Claude and

David Casper

Climate Ride Inc

Kevin and Nancy

Peter and Nancy

Brewing LLC

Judy and Harry Coffey

Nicole Canon KC

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Soiland Co, Inc Sonoma Media Investments LLC Speedway Children's Sutter Pacific Medical Syar Foundation Jennifer Walker Wells Fargo Santa Rose and Chris Barlo Willow Creek Wealth Vern and Kim Zander Sondra Bernstein

Terry and Joanne Dale Bill Graham Supporting ewish Community Federation and Endowment Fund Gary and Jane Facente Scott and Catherine

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Mary and Paul Favaro Arnie Feldsher and Britta Schoemer Judith Flanders Robert Ford and

We make every attempt to ensure the accuracy of this list

Andrew and Lisa Mary and Bryan McCue Jane and David Meyer Anne French and D Neva and Marvir Gaia Fund for Social Marilyn Nagel Justice of the Rose Troy and Allison Nev Caroline Gan Susan Olson Ewing and Bonney

Damien McAnany and

Maggie Fleming

Redwood Riders Motorcycle Club Aimee Reedy and Eduardo Brambila Lindy Hahn KC Lori Ritzenthaler Allison Hannah Rotary Club of Thais Harris and Anne Sandbach and Mitch Savitsky and Tina Hittenberger and Chuck Pyle Rob Hogencamp and

Kathy and Marlon Alan Siegle and She Jack and Diane Stuppin Silk Road Teas Gary Smith and David Jasper K.H.Wm. & Andrea Mark and Barbara Manson Krueger Trisha Stewart Cami and Todd Kahl Terra Firma Globa Kathy Kent & John Gregory Todd KC T-Shirt Undergroun United Way of the

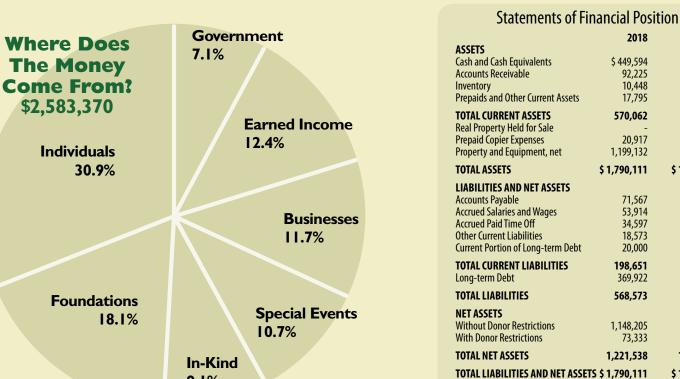
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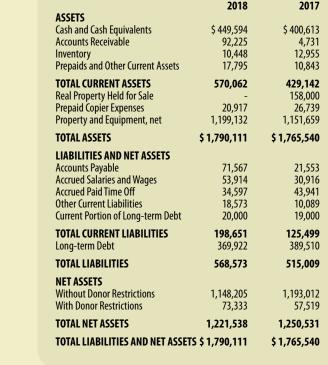
Keysight Technologie La Tortilla Factory David and Marcia Kathleen Walsh KC Carlos and Julie Lu Johanna Lucas and Reuben Weinzveg and James Bockrath

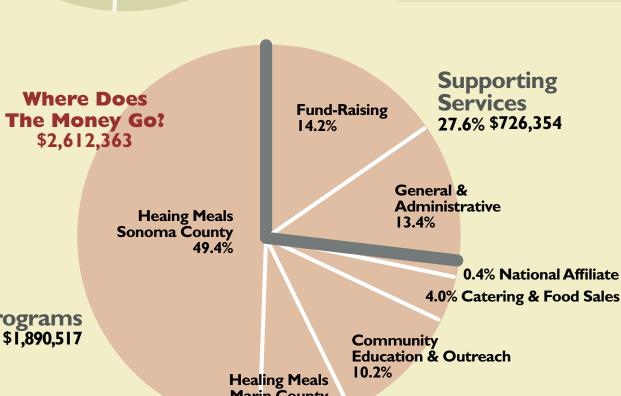
Marin Cricket Club

Amanda Weitman

Financials







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