



2022 Annual Report

FLOW
GROW



CERES COMMUNITY PROJECT



Our Vision
A healthy, caring, just
and sustainable future.

Our Mission
We create health for people,
communities and the planet through
love, healing food and empowering
the next generation.

Message from CEO and Board Co-Chairs

2022 was a breakthrough year for our work. Along with providing almost 203,000 meals – more than ever before – we moved and expanded our youth-run Sebastopol Garden and piloted an innovative internship program where teens learn to become healthy eating educators. Thanks to our policy leadership, medically tailored meals became an allowable covered benefit in California's MediCal program. We launched our first health care contract with Partnership HealthPlan of California and expect it to fund meals for hundreds of clients this year.

We also made a critical decision to build a new, central location to house our programs and people. Since 2019, we've increased annual meal delivery from 79,000 to more than 200,000. In the process, we've reached the capacity of our current three small kitchens. A new 18,000 square-foot home in the Roseland neighborhood of Sonoma County will give us room to grow into the future and to expand our services.

Ceres' unique multi-layered model builds health, well-being, and connection. Neighbors living with serious and chronic illnesses receive organic meals and caring support at a critical time. Young people gain knowledge, skills, and confidence to become healthy, engaged leaders by growing food and preparing meals for our clients. Adult volunteers, community partners, and donors like you feel connected and know they are making a difference for others. Everyone learns about growing and eating healthy, sustainably raised food and the vital role that food and our food system play in our health.

And we're not just doing this work here at home. Through our Affiliate Partner Program, we're sharing this proven model with other communities – from Eugene, Oregon and Geneva, Illinois to Hartford, Connecticut and Aarhus, Denmark – so they can create healthy and caring communities where they live. We're also using our voice and influence to create system-level solutions so that everyone has the healthy food they need to thrive.

Food connects many of the most critical issues we face – from the epidemic of chronic disease to climate change, equity, and the crisis of social isolation and loneliness. At Ceres Community Project we envision a future where everyone has enough healthy, affordable food. Where food is grown in ways that regenerate the soil, sequester carbon, and support biodiversity. And where food connects us across our differences and helps to remind us of our shared humanity.

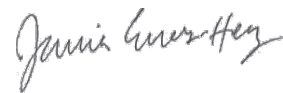
Thank you for believing that food matters, and for investing in a future where healthy, sustainably raised food is at the center of caring communities. We are honored to do this work with you.



Cathryn Couch
Chief Executive Officer



Joe Rogoff



Jamie Emerson-Heery
Co-Chairs, Board of Directors

Growing Leaders

Our unique approach places youth at the center of our work. In our kitchens and gardens, teens learn to grow and cook healthy meals. They also gain skills that are essential to get and keep their first job: learning that it's important to show up on time, focus, collaborate, take initiative, and share their ideas and opinions for improving our work together. Each shift includes a "circle" curriculum on topics related to food, nutrition, or health, and occasional visits from our clients. These visits help teens understand the difference they make for our clients, their families, and our community. At Ceres, we focus on growing the empowered, compassionate leaders our world needs.

Below: Healthy Eating Peer Educator Interns



291
youth

12,902
hours

Teen Leaders

The following youth were elevated to Teen Leaders after volunteering for at least one year and completing a self-assessment and application. These youth help orient new volunteers, take the lead on kitchen and garden tasks, speak about Ceres in public, and are eligible to serve on our board of directors.

McGregor Abele	Teagan Craig	Rosemary Harris	Sophie McKenna	Mia Petrucela
Shahd Ali	Meghan Do	Chase Henderson	Reilly McKnight	Mateo Prusky
Quincy Allen	Mia Do	Allissa Higgins	Genise Mestrovich	Genise Mestrovich
Tristan Angus-Henry	Emily Dolan	Ava Kerr	Gabriel Mijares	Maxine Salvador
Leanna Baltonado	Cassidy Dorr	Cece Kirk	Mateo Mijares	Matthew Snyder
Paige Barta*	Nicholas Downing	Benjamin Kula	Colleen Morris	Aiden Steinberg
Hannah Berkheimer	Abigail Dupree	Shannon Lafon	Sydney Moseley	Joseph Steinberg
Argus Brent	Aiden Finegan	Scarlett Langley	Glynna Nathan*	Mira Sugino
Amelia Cabrales	Lucy Fosnight	Jungyeon Lee	Zoë O'Halloran*	Kate Wade
Leah Cederborg	Gabriella Galetti	Genevieve Licklider	Eva Oryn	Kallen Wank
Amelie Cibulka	Jake Galetti	David Little	Ian Parnes	Ella Wen
McCabe Christian	Isabella Garvin	Kiara Lizarraga	Iris Pedrick	Molly Wiens
Carson Clark	Avery Grafeld	Esther Luvishis	Shruti Pillai	Nathaniel Young
Keira Connolly	Maguire Hansel	Lily Matalon	Emerson Parker	

**Teens serving on Ceres' Board in 2022*

Highlights

Launched Healthy Eating Peer Educator Internship, a pilot program for 12 Sonoma County high school students. These youth completed an intensive summer training and then taught 84 classes reaching nearly 900 children over the course of the school year.

Six former Teen Chefs now serve on staff, including one we promoted to Associate Chef in 2022.

Twenty-seven youth advanced to Teen Leader and 35 received their green aprons, recognizing 6 months' service.

“Starting a shift feels like a relief, being able to do such enjoyable work and knowing that all of it is meaningful. It’s rare to find such a large community where everyone is both so warm and truly devoted to the bigger picture. Volunteer work shouldn’t feel empty, which is why I spend so much time at Ceres. The culture here holds such a special place in my heart.”

—GENEVIEVE, CERES TEEN LEADER

Ceres Youth

30% People of color

65% Female

33% Male

2% Non-binary/
prefer not to state

44%
involved for longer
than 1 year

48
schools
represented

20%
from low-income
households

Below: Former Teen Chef Isabella Garcia, now an Associate Chef, teaching new teens to carve chicken breasts.



Nourish

Growing Health

Our clients are living with one or more serious health conditions. At a time when they most need to be eating well, they often lack the energy or resources to prepare healthy meals. Ceres provides delicious, organic, medically tailored meals, made with love and delivered to a client's doorstep by one of our Delivery Angels. A growing body of evidence shows that medically tailored meals can improve health outcomes and quality of life while lowering healthcare costs. Ceres makes these high quality meals accessible to the most vulnerable residents in our community, and delivers them with love to improve our clients' health and help them feel connected and cared for.

"I didn't realize I was starving till you fed me this first meal. Due to limited mobility I haven't been able to cook, so your good food to me is literally medicine. Many people don't realize that many obese people are also malnourished! So I could eat and eat and never feel satisfied or have enough energy or a body that can just 'workout'. Trust me when I say this is also a generational disease that disproportionately affects brown people. I do believe that this support will help me to become nourished enough to fight the diseases in my body and bring me back to the health I should be in for my age."

—CERES CLIENT, "CASEY"

202,810
meals
delivered

to

1,319
clients

Ceres Clients

- 66% Female
- 58% Aged 60+
- 43% People of color
- 83% Live on less than \$25,000/year
- 52% Live alone

Diagnosis

- 28% Cancer
- 32% Diabetes
- 15% Cardiovascular disease

47%
screened positive
for food insecurity

21 weeks
average service
length

For these clients, we offer additional prepared meals or a bag of medically tailored groceries including fresh fruits and vegetables.

Highlights

Delivered more meals in 2022 than ever before, even as COVID waned.

Collaborated with Santa Rosa Community Health to serve patients with diabetes and hypertension. Sixty-six percent of participants improved their A1C level by an average of 1.9 points (normal is below 5.7).

Welcomed Kim Madsen, RDN to our staff. Kim has more than 30 years of experience in the medically tailored meal field. She oversees our medically tailored menu development and services including nutrition risk assessment and 1:1 nutrition consults for clients.

Clients love our services. When asked how likely they'd be to recommend Ceres, they rated us 9.95/10

“Receiving the Ceres meals was wonderful. Part of the time after the surgery, I couldn't focus to follow a recipe or trust myself to cook, so the Ceres meals were really helpful, and being healthy and geared to my needs was more than I could ask for. I can't thank Ceres enough for all that they do. It's an amazing program.”

—CERES CLIENT, GAIL

Right: Ceres client, Gail, and her family received meals after she had triple bypass surgery. At the time, her husband was recovering from back surgery and her daughter had just received a liver transplant. Here she is enjoying our broccoli frittata with roasted yams, and the beet and arugula salad.



Growing a New Home

The Center for Food, Youth

GROW

Capital Campaign Cabinet

Greg Young, *Honorary Campaign Chair*

John Fitzpatrick

Sharon Keating

Carol Spindler O'Hara

Joe Rogoff

Gary Smith

Jamie Studley

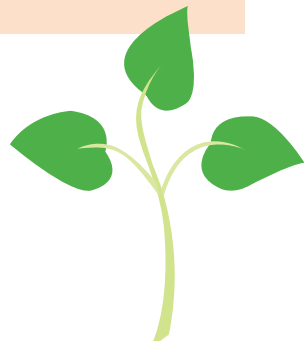
Cathryn Couch

Deborah Ramelli



Above: Views of the new all-electric, green campus and kitchen

IMPACT	CURRENT	FUTURE
Clients	1,800	6,000
Medically Tailored Meals	240,000	800,000
Youth	300	475+
Counties Served	2	5+



& Community



Ceres' new home will consolidate our existing sites into a single, centralized, more efficient and permanently owned campus to directly improve the lives of thousands of people.

From 2019 to 2022, we increased the number of meals we delivered to clients by more than 200%. Even as COVID wanes, requests for support from potential clients and referrals from physicians continue to rise. Our new campus will mean we can keep saying “yes” to people who can’t get the meal support they need to manage their health conditions elsewhere. Equally important, we’ll be able to engage 50% more youth in our life-changing program.

The Center for Food, Youth & Community will be located in the Roseland area of Santa Rosa, one of the most vibrant and diverse neighborhoods in Sonoma County. The site is roughly equidistant from our Santa Rosa and Sebastopol kitchens and is within 15 minutes of six major high schools.

[Learn more at Center.CeresProject.org](https://Center.CeresProject.org)





Growing a New Garden ...

Our gardens in Santa Rosa and Sebastopol allow us to welcome a wide range of youth, including those who aren't comfortable in a fast-paced, noisy commercial kitchen. They learn how soil health is foundational to human health as they grow organic produce and flowers to nourish our clients' bodies and hearts. In 2022, we moved our Sebastopol Garden to a new, larger home on the campus of Sebastopol Independent Charter School. Over the course of a year, our community transformed a pasture into a vibrant learning laboratory.

Below: From an empty space to a thriving garden where teens grow and harvest organic vegetables.



FEBRUARY 2022



OCTOBER 2022

1.5 ACRES

6

Corporate
volunteer work
parties

3

public work days

at our

2

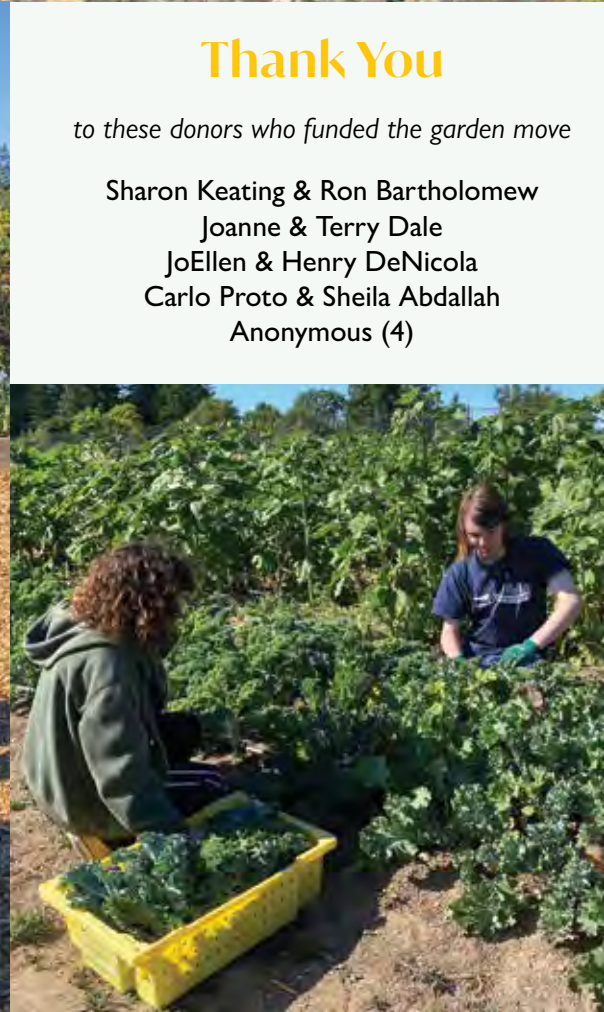
GARDENS

166

YOUTH
VOLUNTEERED

3,142

HOURS



Thank You

to these donors who funded the garden move

Sharon Keating & Ron Bartholomew
Joanne & Terry Dale
JoEllen & Henry DeNicola
Carlo Proto & Sheila Abdallah
Anonymous (4)



Above: Teen Chefs in the new kitchen and right: Excitement at a new walk in fridge.

... and Kitchen

Our new Novato kitchen, the first dedicated space for our Marin County program, will allow us to reach 30% more youth and produce 50,000 additional meals per year. All of our kitchens have been operating at capacity, with particular limitations on refrigeration space. This 2,000 square foot space has ample walk-in refrigeration, a small outdoor garden space, and lots of storage. After 12 years of working from shared commercial kitchens, our staff and volunteers are excited because now they'll know where everything is!

Thank You

- to these funders who supported the kitchen's remodel*
- The Bothin Foundation
- Buck Family Fund of Marin Community Foundation
- Good Earth Natural Foods
- Ann and Wally Wathen

The purchase of kitchen equipment was supported in whole or part by the Centers for Medicare and Medicaid Services (CMS) and the California Department of Aging (CDA), and no official endorsement by the CMS or the CDA shall be inferred.



Growing Impact

Connect



Above: Teen Chefs in our Danish Affiliate Partner's kitchen.

Our impact extends beyond the North Bay thanks to investments in our Affiliate Partner Program and our policy and advocacy work, helping more people access the nourishing meals and learning opportunities they need to thrive.

Through our **Affiliate Partner Program**, groups receive training and ongoing support to replicate our model in their own community. Across the US and in Denmark, these groups enliven their communities around the same values we hold dear at Ceres, providing high-quality organic meals for people living with illnesses, and engaging youth with opportunities to learn, gain job skills, and make a difference.

Highlights

Trained a new Affiliate Partner: YMCA of Metropolitan Chattanooga Heart and Sol Program. Lanching in 2023, the project will deliver plant-based Latina/Soul Food meals for Hispanic and Black residents who've been discharged from the hospital with congestive heart failure.

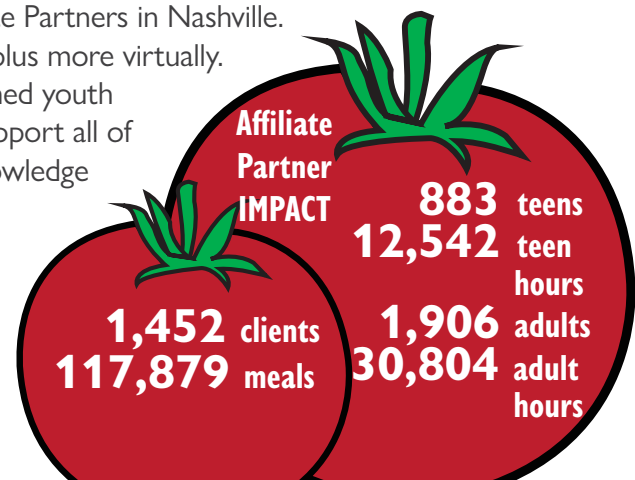
Held an in-person convening with our Affiliate Partners in Nashville. Eighteen staff from eight agencies attended, plus more virtually. We covered topics including a trauma-informed youth development workshop. Events like these support all of us in evolving our model and sharing our knowledge with each other.

Our Danish Affiliate Partner, Det Kærlige Måltid opened a second location in the city of Aalborg.

Ceres Affiliate Partners

- Aalborg, Denmark
- Aarhus, Denmark
- Bloomfield, CT
- Chattanooga, TN*
- Eugene, OR
- Geneva, IL
- Grand Rapids, MI
- Nashville, TN
- Ukiah, CA

*launching 2023



Policy and Advocacy

Thanks to our policy and advocacy leadership and participation in regional, state, and national coalitions and conversations, medically tailored meals and groceries are now recognized as an effective healthcare intervention. Highlights include:

Our advocacy helped convince the State of California to offer medically tailored meals to MediCal members with certain healthcare conditions as part of CalAIM, a five-year statewide healthcare reform plan that includes provisions for Community Supports, which are alternative services that providers can “prescribe” to patients.

Ceres holds a contract with Partnership HealthPlan of California to provide medically tailored meals to their MediCal patients in Marin and Sonoma counties, with the ability to expand to additional service areas in the future.

We leveraged our small pilot for at-risk pregnant moms to get USDA funding allowing us to expand to 240 clients over 3 years. Our goal is to demonstrate the benefits of the intervention so it becomes a covered benefit.

We worked with the Food is Medicine Coalition to provide guidance to the Biden Administration in advance of the White House Conference on Hunger, Nutrition and Health; medically tailored meals became one of the strategies for addressing our nation’s crisis of diet-related disease.

Our CEO, Cathryn Couch, serves on the board of Partnership HealthPlan of California. She also participated in the California Healthcare Foundation’s CBO Stakeholder Advisory Panel, advocating for community-based nonprofits like Ceres to be the preferred providers of medically tailored meals for MediCal patients.

Below left: Greek Salad Bowl and Assemblymember Jim Wood and Supervisor Susan Gorin delivering Ceres meals.

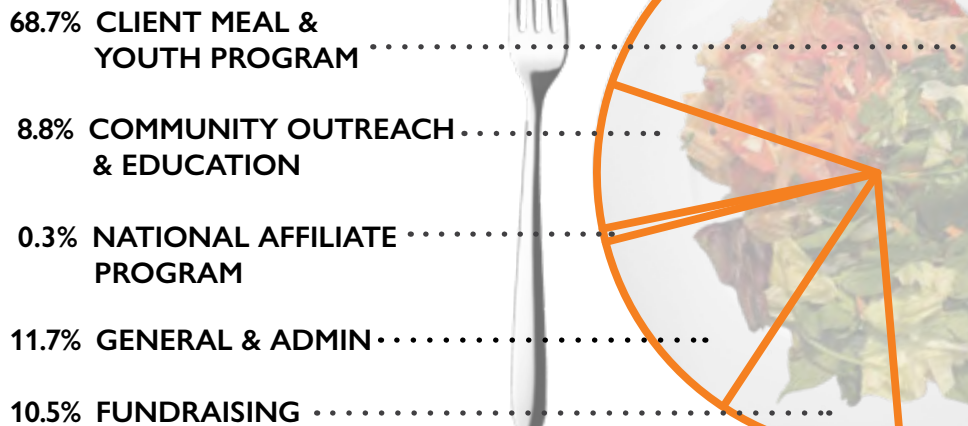


Financials

INCOME \$4,307,257



EXPENSES \$4,508,843



STATEMENTS OF FINANCIAL POSITION

	2022	2021		2022	2021		2022	2021
ASSETS			LIABILITIES AND NET ASSETS			NET ASSETS		
Cash and Cash Equivalents	\$2,093,682	\$2,818,930	Accounts Payable	108,228	49,998	Without Donor Restrictions	3,444,160	3,611,362
Accounts Receivable	380,234	238,245	Accrued Expenses and Other Liabilities	170,974	130,661	With Donor Restrictions	160,436	194,820
Inventory	106,221	106,592	Accrued Paid Time Off	56,904	60,977			
Prepaid Expenses and Deposits	59,445	37,831	Deferred Grant Revenues	42,146	-	TOTAL NET ASSETS	\$3,604,596	\$3,806,182
Capitalized Technology Costs, Net	92,824	107,647	Lease Obligations, Net	208,790	-			
Right-of-Use Lease Assets, Net	219,290	-	Long-term Debt	316,985	330,844	TOTAL LIABILITIES & NET ASSETS	<u>\$4,451,719</u>	<u>\$4,317,685</u>
Property and Equipment, Net	1,500,023	1,008,440						
TOTAL ASSETS	<u>\$4,451,719</u>	<u>\$4,317,685</u>	TOTAL LIABILITIES	<u>847,123</u>	<u>511,503</u>			

Thank you to our Community

*Community is in our name for a reason.
Ceres is a celebration of what we can accomplish when we come together
around a shared purpose and vision.*



With gratitude to the following donors who gave \$2,500 or more in 2022

#HalfMyDAF
Alderyn Fund
Alissa Trinei & Todd Anderson
Amaturo Family Foundation, Inc.
American AgCredit
Amy's Kitchen, Inc
Anna Ngai
Annikka & Erik Berridge
Anonymous (9)
Anusha Chandrasekhar & Satish Dhanasekaran
Arvada Darnell & Cheryl Pike
Barbara & Jacques Schlumberger
Barbara Sattler & Chris O'Neill
Battaglia Family Charitable Fund
Beth Thorp
Bethlehem Foundation
Bill Graham Supporting Foundation of the Jewish
Community Federation and Endowment Fund
Bodega Harbour Men's Golf Club
Bonney & Ewing Philbin
BPM, LLP
Bruce Johnson
Bryan Blossom Foundation
California Department of HealthCare Services
California Fire Foundation
Carol and Clark Mitchel
Cathryn Couch & Jeff Black
Christine & William Boehlke
Christine Kasulka
Christine Ricketts
City Of Sebastopol
Clark-Janis Family Foundation
Clif Family Foundation
Clover Sonoma
Community Foundation Sonoma County
Constance Cohen
Cornell Charitable Fund
Costco Wholesale Corporation
County of Marin
County of Sonoma
Cowgirl Creamery
Craig and Pat Boblitt
Dana Simpson-Stokes & Kenneth Stokes
Daniela Mount
DeepNet
Denise Laws
Denise Pepp
Diane Stuppin
Domaine Carneros
Doug Dossey & Kathrin Dellago
Douglas Loudon & Barbra Friedman
Earthtone Construction
Exchange Bank
Gambonini Family Ranch
Gary Smith & Jamiene Studley
Gaye Russell-Bruce
George Bull

Ginnie & Peter Haas Jr Fund
Good Earth Natural Foods
Google, Inc
Gourmet Mushrooms, Inc.
Grace US Foundation
Greg Young & Jean Davis
Harbor Point Charitable Foundation

Madeleine & Scott Sklar
Marilyn & Jack Jones
Marin Community Foundation
MarinHealth Medical Center
Mark & Christina Soiland
Mark & Rozanne Silverwood
Marovich Trust

Redwood Hill Farm & Creamery, Inc.
Ren Nelson
Rippleworks
Robert Morgan Gilhuly & Monique Parrish
Robin Weintraub
Ronald Cohn
Salesforce.org
Sandy & John Reilly
Scott Evans Foundation
Scott Gross
Seed Relief
Sebastopol Independent Charter School
Sharon & David Beckman
Sharon Keating & Ron Bartholomew
Sharon Schendel
Shelton's Natural Foods Market
Silicon Valley Bank
Soiland Co, Inc
Solful
Sonoma County Vintners Foundation
Sonoma Fig Foundation Fund of CFSC
Southpoint Self Storage
Stephen & Lynda Fox
Sutter Medical Group of the Redwoods
Sutter Pacific Medical Foundation
Svetlana & George Artemoff
Terri Tachovsky & Karen Knudson
Terry & Joanne Dale
The Ahlsten Foundation
The Bancroft Foundation
The Bear Gulch Foundation
The Bothin Foundation
The Buck Family Fund of Marin
Community Foundation
The Dean and Ann Witter Fund for
Charitable Giving
The Kimball Foundation
The Maple Tree Fund
Theresa Gannon
To Celebrate Life Breast Cancer Founda-
tion
Traditional Medicinals Foundation
United Way of the Wine Country
Ursula Marti
USDA (United States Department of
Agriculture)
Vickie Soulier
Vicky and Mark Locey
Vital Projects Fund, Inc
Wally and Ann Wathen
Ward Levy Appraisal Group, Inc.
Welfare League of Santa Rosa
Wells Fargo Foundation
Whole Foods Market
Wildbrine
Willow Creek Wealth Management
Zachary and Michelle Rasmuson

1,220 individual donors helped fuel our work
256 people committed to a monthly gift through our Kale Club
582 adult volunteers and 291 youth dedicated 42,235 hours
to their community valued at \$894,474
225 businesses and individuals contributed gifts in-kind
227 people attended our Harvest of the Heart event
raising \$304,740

Impact100 Sonoma
Jack Raineault & Ruth Ahlers
Jamie Emerson-Heery & Michelle Edwards-Heery
Jeff Sterley
Jennifer Kun
Jennifer Lorne & Michele Fleischacker
Jim & Sandra Shelton
Jim Schieberl
Johanna Lucas
John & Diane Fitzpatrick
Jonas Family Foundation
Julia Grant
Julie & Will Parish
Justine M. Miner
Kaiser Permanente, Community Benefits Programs
Marin Sonoma Area
Karen & Blair Gibb
Kate Schaffner
Kathleen Gallagher & Steve Maass
Keith Marshall
Kevin & Nancy Cooper
Keysight Technologies
Kim Scheibly & Sam Jones
Leeward Real Estate Investments LLC
Live Oak Farm
Luther Burbank Corporation Foundation

Martin & Laine Cobb
Martin & Marlene Stein
Mary Sue Ittner & Robert Rutemoeller
Mazza Catering
Michael & Cathy Casteel
Myra Rubin & Drew Goodman
Nadine Suto & Robert Ford
Nancy & Peter Copen
Netflix
Neva & Marvin Moskowitz
Norm Lyons
North Bay Equity
North Coast Organic
Oliver's Market
O'Malley Wilson Westphal-A/E Alliance
O'Reilly Media
Padi Selwyn & Reuben Weinzveg
Pamela Lindsay & David Holcombe
Partnership HealthPlan of California
Peter Koletzke
Premier Organics / Artisana Organic Foods
Providence
Providence - Community Health Investment
Ralph & Lois Stone
Recology
Redwood Credit Union

We make every effort to keep accurate records. Please let us know if we have missed your name in error.

OUR VALUES

Heart Centered & Love Guided

We foster belonging by modeling love, trust, respect, and kindness; we connect people of all ages and from all walks of life because social connections are a foundation for health and well-being.

Everything Matters

We strive to have every action and choice lead to the greatest positive impact for our stakeholders, community, and the planet.

Food is Medicine

We celebrate, provide, and advocate for food that contributes to health for the people who eat it, the people who produce it, and for the planet. Access to healthy, affordable food is a human right and essential to preventing, managing, and treating chronic disease.

Young People are the Future

We see all young people as intelligent, responsible, capable, creative, and caring, and believe they are central to shaping our collective future. We give young people opportunities to learn, grow, engage, and contribute.

Equitable, Diverse & Inclusive

We commit to championing policies and practices of social equity that build a diverse and inclusive workplace and a healthy food and health care system. We focus our resources to address health disparities and promote health equity.



Our staff in the new Sebastopol Garden

BOARD OF DIRECTORS

Joe Rogoff, *Co-Chair*
Jamie Emerson-Heery, *Co-Chair*
John Fitzpatrick, *Treasurer*
Sarah Jane Truong, *Secretary*
Leanna Baltonado, *Teen Member*
Paige Barta, *Teen Member*

Lucy Fosnight, *Teen Member*
Esther Luvishis *Teen Alternate*
Zoë O'Halloran *Teen Member*
Chris Boehlke
Monica Ferguson, MD, MSHP
Rawson Gulick

Denise Laws, RN, DNP
James Schieberl, MD
Aurora Selpides, MD, MPH
Sandra Valadez
Lisa Ward, MD, MsPH, MS, FAAFP
Robin Weintraub

CeresProject.org

Program Sites: Novato, Santa Rosa, Sebastopol
PO Box 1562, Sebastopol, CA 95473. Ceres is a registered 501(c)(3) organization. Tax ID 26 2250997

