



CULTIVATING CHANGE ANNUAL REPORT 2022



MESSAGE FROM THE DIRECTORS

There's one thing we are certain of after over 10 years in the community; change is a constant at the Nourish and Develop Foundation (TNDF). 2022 was no exception.

The past year brought many unexpected challenges for our community and our team, which required us to take time to reflect and re-strategize.

Amid these challenges, 2022 also brought us joy, friendship, growth, and hope. We enjoyed many moments of play, found friendship in new staff and community members, grew individually and collectively from the challenges we faced, and we are hopeful about what the future holds. We invite you to share in these moments and victories with us throughout this report.

Looking ahead to 2023, we are feeling a renewed sense of direction. With our 2023 - 2026 strategic plan in hand, we are on a mission to connect people to nourishing food and supportive resources.

We are so thankful for the staff, volunteers, community partners, donors, and general supporters who help us nourish the community, and we look forward to continuing to cultivate change with you.

With gratitude,
Sherry, Jess, and Johanne

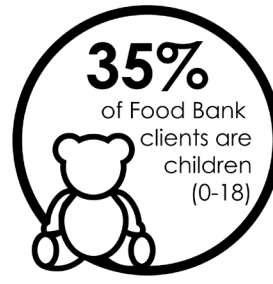
FOOD BANK

In 2022, Nourish House Food Bank continued to offer excellent service despite a 106% increase in visits. In response, we cultivated relationships with partners such as Feed the Need Durham, Full Circle Pet Rescue, Elexicon Energy, and Mazon Canada to increase our capacity. These partnerships enabled the food bank to purchase a new fridge/freezer, install additional shelving units, and stock up on food and household essentials. We were also one of the recipients of Food Bank Canada's After the Bell Program in September, which allowed us to distribute 150 snack kits to local families with school-aged children. And at the end of 2022, we added Beth to our team as our new Food Access Manager to lead our food bank's growth in the face of an ever-increasing need for support.



Looking ahead to 2023, we are excited to continue learning how to improve our services from community members, especially regarding which culturally appropriate and dietary-specific food

we should prioritize purchasing. Through these conversations, we're also looking forward to better using the information we gather through the food bank to bring awareness to food insecurity at a local level while also advocating for change.



Through just one visit it was abundantly clear that TNDF is a truly dedicated organization that proudly values their community. From food access programs to a community kitchen [...] I was amazed by the different avenues of community-building that TNDF has to offer. It is a pleasure to have TNDF in our network and we are so grateful for all the incredible work that they do!

Ariela Kong, Community Development and Program Manager at Feed the Need in Durham

COMMUNITY KITCHEN

As always, our kitchen team prepared and processed foods to be distributed through programs and community events such as Nourish House, Mobile Food Market (MFM), Meals on Wheels, and Haunted Trail.

In 2022, we expanded the preserves available to include apple butter, apple-cranberry sauce, and a variety of pickled seasonal veggies. We launched two new Pantry Clips and four new Meal Kits for MFM, including a Three Bean Salad and Sweet Potato Black Bean Stew.

In 2023, we're looking forward to launching Fresh Fridge. Located in the Nourish Hub, Fresh Fridge will hold surplus prepared meals and other fresh food items that will be available by donation to the community any time during operating hours. We're also excited to open our dining room to the public for cooking workshops, community lunches, and more!





It is a pleasure to write a note regarding our collaboration and how the baking club is a great activity for the people we support. When I went around asking people about their experience with the baking club, all of them agreed, you take the time to connect with people getting to know them. You teach in a way that keeps people engaged and is easy to comprehend so the participants can learn new skills. All the participants love the fact you always listen to their suggestion for future recipes.

Liliana Escobar, Community Living



MARKETS

After a two-year hiatus, we officially resumed Night Market! Its return was celebrated with 722 community members stopping by for food, music, local artisans, and information about other community organizations.

In August, MFM celebrated its first birthday, and the community decided – our van and trailer are officially named Moby and Sprout, respectively! In addition to expanding the program beyond Brock Township, adding locations in Woodville and Udora, we also launched Market Bucks (MFM gift vouchers), available for purchase and to community members accessing our food bank.

Looking ahead to 2023, we're excited to continue to expand our MFM offerings and cultivate more partnerships through Night Market.



EDUCATION

TNDF always puts on wonderful programs for children. You can tell a lot of thought and hard work gets put into it all, and the staff are always so welcoming and friendly. Can't wait to see what's happening in the Fall!

Grow a Reader Participant



In 2022, we cultivated significant growth in our education programming by officially establishing an Education Coordinator position to collaborate closely with team members and community partners to maintain, develop, or support over two dozen life skills and food literacy initiatives. These included Learn to Lunch and Meal Planning for One, which proved to be community favourites.

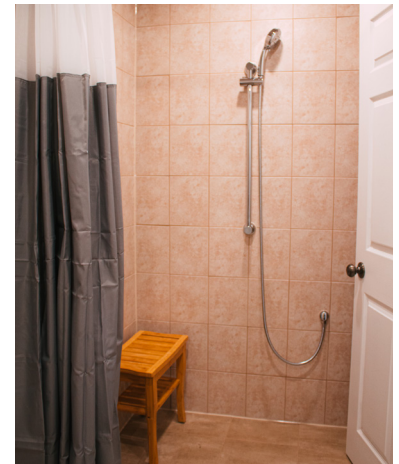
In 2023, we are excited to introduce more meaningful learning opportunities for all members of our community. Thanks to a successful grant application, we will continue offering programming on PA days to fill childcare gaps for families with school-aged children. We are also excited to tap into MFM's potential for educating the community about our local food systems!

SOCIAL SUPPORTS

Social Supports grew in 2022 with a newly cultivated relationship with the Aids Committee of Durham Region to offer their Rural Outreach Harm Reduction Services and increased requests for access to our shower and laundry services.

Our priority remains to empower clients to reach their goals by supporting them with building relationships and skills and connecting them with the resources they need while acknowledging the systems and structures which impact their lives.

We welcomed Arielle back from her maternity leave in 2022 and eagerly await Mackenzie's return from hers in 2023. With the additional team members, we aim to introduce more social support to the community to increase connectedness. We will also increase our efforts to offer community members space to share their lived/living experiences to enact meaningful change through destigmatizing poverty and advocating for systemic change.



WOMEN'S SERVICES



In 2022, Women's Services celebrated the move of our first Transitional Housing participant to permanent housing. We reached significant milestones in development at Cedar Haven Women's Centre, including completed architectural plans. At the end of 2022, the renovations on the existing building were near completion; this stage of development allows three additional women and their children to be temporarily housed through our Transitional Housing Program.

Women's Services is looking forward to 2023 being a breakthrough year. Expanding the Transitional Housing program to provide additional temporary housing for those at risk of homelessness is a much needed service in our community, and we look forward, and we look forward to the continued expansion of this program. Strengthening our connections to community organizations to better provide for the needs of our clients is also a priority for Women's Services throughout 2023.



ADVOCACY

In 2022, we became official endorsers of the Healthy School Food Coalition. We've historically been supportive of their efforts to advocate for a national student nutrition program, but this year, we made it official. We became certified living wage employers and continued collaborating with the Durham Food Policy Council on a Food Systems Report card.

We also invited candidates from all parties to tour our facilities and discuss the issues that face our clients; asking them questions, and making sure to share their answers.



Other advocacy activities we conducted included:

- Hosting MP Erin O’Toole, former leader of the Conservative Party
- Submitting a consultation on Canada’s draft submission to the United Nations Food Systems Summit
- Sitting on local committees and councils, including the North Durham Social Development Council and the Beaverton Supportive Housing Liason Committee
- Hosting Policy Advisors from the Region of Durham Social Services, offering them insights into the gaps in service in Brock Township, and introducing them to community members to foster relationships for direct feedback
- Attending the Community Food Centres Canada Food Summit

Recently, the AIDS Committee of Durham Region has partnered with The Nourish and Develop Foundation to provide harm reduction supplies, informal counselling, and training sessions.

Through this partnership, we can work directly with community members to show them safer substance use practices and train them on the proper way to administer life-saving Naloxone.

We feel very grateful to be a part of the wonderful services that are provided at the Nourish and Develop Foundation.

Mistee Gladwell, Outreach Worker at ACDR



FINANCIALS

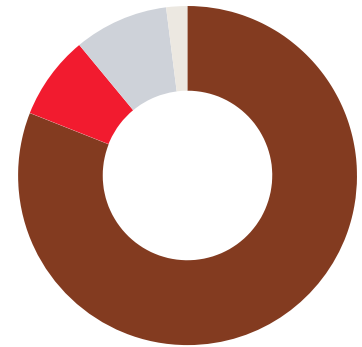
Our work would not be possible without the generosity of donors. In 2022, we received a total of \$131, 577.22.

We were able to donate to:

- Brock High School’s culinary program
- Cannington Lion’s Club’s annual Easter Egg Hunt
- Community Care Durham for their Meals on Wheels program
- Uxbridge Loaves and Fishes Food Bank, to support our neighbours in Uxbridge after the tornado left many folks food insecure and without power for several days in May

Expense Breakdown

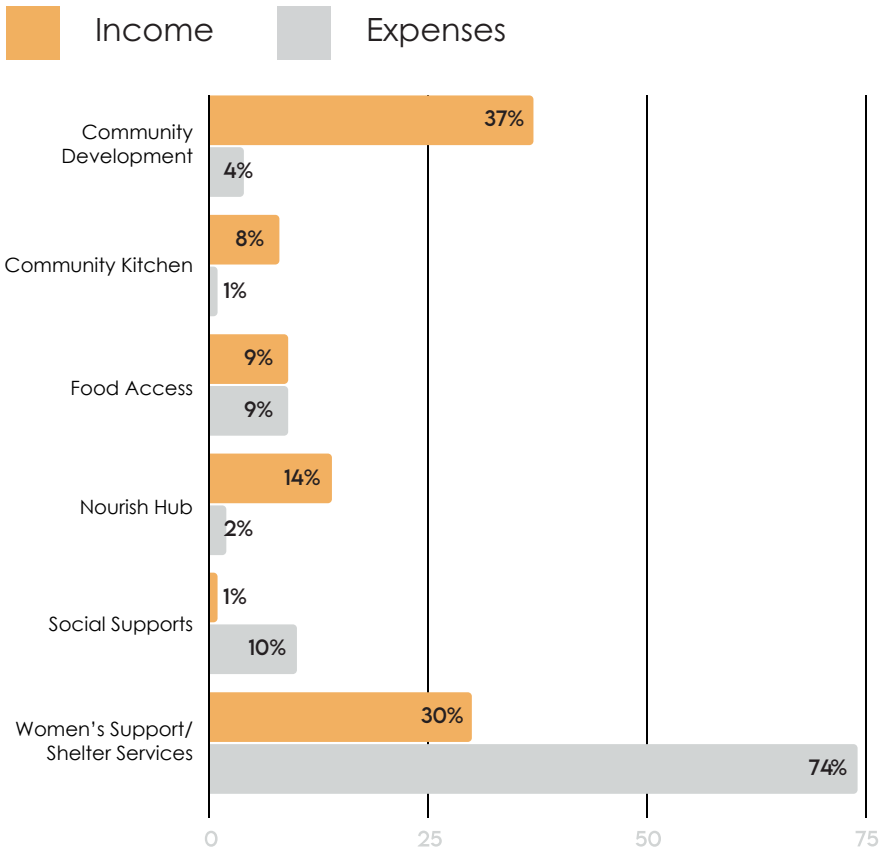
- 81% Programs & Services
- 8% Professional Services
- 9% Operational Services
- 2% Administrative Services



Income Breakdown

- 71% Programming Income
- 19% Donations
- 10% Grants & Funding





PROGRAM EXPENSES

- In 2022, we saw a 23% increase in donations income, predominantly due to lifted COVID-19 safety measures
- Markets and Education saw the highest income and lowest expenses
- Food Access maintained its expenses despite increasing client numbers by being savvy with food procurement
- Women's Services was our highest-cost program again in 2022 due to development and renovation needs, such as zoning, permits, engineering, architects, etc



The information provided herein has been prepared without audit or review engagement. Readers are cautioned that the financial information may not be appropriate for their purposes.

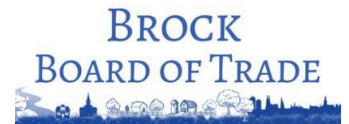
PARTNERSHIPS & MEMBERSHIPS



Cultivating change is challenging work, but it's made easier with collaboration and partnerships that allow us to have a greater impact than we could have on our own.

We collaborated with 96 partners on 130 local initiatives that strengthened relationships and fostered and enhanced access to food, housing, and other supportive resources.

We are proud members of



Affiliated



OUR TEAM

Jessica, Program Director

Sherry, Operating Director

Johanne, Women's Services Director

Ashleigh, Creative Media Manager

Zoe, Markets and Education Manager

Beth, Food Access Manager

Mackenzie, Social Support Manager

Edna, Community Kitchen Manager

Katerina, Creative Media Coordinator

Tiffany, Markets Coordinator

Melissa, Education Coordinator

Karley, Education Coordinator

Valerie, Food Access Coordinator

Arielle, Social Support Coordinator

Joanne, Community Kitchen Coordinator

Justin, Community Kitchen Coordinator

Brittney, Administrative Assistant

Karla, Creative Media Assistant

Jenn, Markets Assistant

None of the work we do could be possible without the energy, creativity, and integrity of our staff and volunteers. We offer a special thanks to Crystal, Jessica C, Katie, Mathew, Nicola, Taylor, Vicky-Lynn and all of our volunteers for their integral work in 2022.



Pictured: Volunteer Jenn, Jo, Edna, Volunteer Lorna; Mackenzie, Jess, Kat; Jenn, Zoe, Karla, Melissa, Justin, Tiff, Sherry, Arielle, Karley

STORIES OF IMPACT

I am so blessed and so grateful to be under the wing of this wonderful organization. I reached out to local women's counselling organizations and was introduced to the amazing people at TNDF. Within two weeks, Johanne had connected our family to a transitional apartment for women and their children. She has been so understanding and caring, and I'm so grateful for connecting with her. To know that we have people behind us that care so much that they'll help us have our own space while I get back on my feet and heal from my illness and upcoming surgery is such a blessing that will help us for our next chapters. Thank you for taking us under your wing TNDF and giving us a space to nest.

Coming to TNDF is helping me be who I am and feel like my true self after my recent transition. There are no words to describe the warmth and love at TNDF. My fridge is full, which has never been the case before, and I'm very grateful for that. I'm grateful that they accept me for who I am. It brightens my day to come to TNDF.

The Night Markets are excellent. Looking forward to the return of the Community Lunches – a wonderful way for the community to come together and enjoy fresh and local food. Love the workshops and events offered for all ages. Thank you for all that you do! Your work is crucial in our community!

I have always had a desire to do volunteer work. Unfortunately, due to many traumatic life circumstances, I wasn't able to. I was introduced to Nourish and Develop in 2022 and now, ten months later, I am beginning to fulfill a lifelong dream. Without the welcoming, kind, knowledgeable, and caring hearts of the employees and volunteers at Nourish and Develop, I would not have been able to achieve this. Not only is their nurturing real, but they have also developed programs to encourage growth and guide people toward a healthier way to live. Both physically and mentally. Thank you, Nourish and Develop, for providing this much-needed and profound resource for our community.



I'm a senior that thought I'd never have to resort to needing the kind of help I have received from the Angels at TNDF. I met these beautiful people in April 2022 when I was homeless and living in my vehicle. Everyone has bent over backwards to help me; I can't thank them enough for what they have done for me. The staff always treated me with decency, kindness, and respect, and they have empathy that most often you can't find in the world today. I have only known these beautiful people for 9 months, but it feels like I have known them forever. Thanks, Angels!



Every time I go to TNDF, I love all the people and the support they give me. They always help me out and point me in the right direction. They are so happy and just want the best for you. They are wonderful people and a joy to talk to.



Working with Women's Services at TNDF has made one of the most difficult experiences I've ever gone through so much more bearable. Having help to find an amazing lawyer, lightening the load of my separation agreement and being able to call [them] when I had no one else to turn to has made such a difference for me. I'm so grateful to have a support system when feeling so alone.

Valerie and Zoe cleaning litter on Earth Day; Melissa at Beaverton Clean-Up; Zoe helping construct gardens at Allan's Place



FIND US ONLINE!



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