



The Nourish and Develop Foundation

Annual Report 2013

Growing with a Strategic Direction!

One of the main achievements for The Nourish and Develop Foundation (TNDF) during the past year was focussing on a clear and carefully considered direction. This strategic path will guide future programs and prospective collaborations, with the end aim to achieve our central goals:

- **Enhancing Local Food Security**
- **Developing Self-reliance**

Consistent with this path, during the Spring and Summer of 2013 all of TNDF's existing programs were realigned and new programs envisioned. It was not an easy experience and most of our staff, clients, volunteers and community members had to face their apprehensions. In the end, we all grew from the process. We challenged the idea that clients were only attracted by the need for food supplies, and encouraged deeper engagement into programming. Engagement means "clients" become "participants," allowing them to be aware of, and ultimately play a key role in the solutions to their problems.

To evaluate the work done in 2013, we must revisit the original set objectives:

The Community Food Hub: A learning experience

It is no secret that we had much larger expectations regarding the Food Hub facilities in 2013. The experience confirmed the rather complex regulatory processes that community groups must work within, which ended up taking more time, funds, and efforts than expected. The year ended on a high note for the project; as proposed building reviews were completed and site plans approved. Again, we learn from the experience and grow from the process.

Self-reliance Through Knowledge: Programs with a new meaning

Our food distribution became a tool to engage people in programming and skills development. Our programs are more synchronized with self-reliance values (e.g. use of local food and suppliers, local people engaging in meaningful conversations and reciprocity in our relationships). In spite of our new facilities not being ready, our skills development and knowledge sharing initiatives started to take shape. We continue our research and planning for a demonstration farming facility that will promote those self-reliance principles.

144
Families
Served

774
Volunteer
Hours

\$72 213
In Food Value
Distributed

The TNDF Food Pantry

The biggest transformation of our largest program was the new direction to acknowledge and encourage people's participation in other programs. Those who are engaged in skills development and/or similar programs have access to extra food supplies. Although difficult to understand in the beginning, more than 50% of food pantry recipients are now participating in other TNDF programs.

Field to Table (New) – Includes the Community Garden

This new program (still being developed) was created last fall, hoping to bring together activities around the Maple Tree Community Garden and addressing food preparation skills with our pantry participants. The idea is to engage those attending the pantry by involving them in growing the food, harvesting of the bounty, preparing of meals and in the preserving. In this way, we close the circle of knowledge from planting the seeds to cooking the produce and having a healthy diet. In 2013, 10 participants helped in the Community Garden and joined the Field to Table program. Plots are available for loan for the upcoming 2014 season.

The Bountiful Basket



Thanks to the generous collaborations from the Region's Social Service Department, TNDF continues to provide healthy baskets of fresh produce to those in need. We also make baskets available for purchase to support the program. A newsletter attached to each basket provides nutritional information and recipes to the basket recipients each month. During 2013, 367 food baskets were distributed, with most of the baskets, 255 being sponsored and benefitting low-income families on Ontario Works. Furthermore, the basket program purchased \$6,103 from local producers/stores, supporting our local economy.

Community Soup Lunch

It was another successful year for TNDF's Soup Lunch program. Every other week the local community gathers at the Trinity United Church in Cannington (community partner) to enjoy tasty soups prepared by program participants, partners, staff and volunteers. Using seasonal and affordable ingredients, participants in this four-month program welcome all community members to lunch. In 2013, 23 community lunches were organized, with more than 783 people attending (up 115%). At the same time, there were 9 food skills workshops with the participation of 46 individuals. The community soup lunch program raised \$2,884 in donations that goes directly back to the Soup Lunch Program. In addition, 12 participants joined the program in 2013 and we collaborated with 6 partners; Foodland, Scotia Bank, Holy Grounds Café, Cannington Lioness, Katie's Café, and Pilar/Monica.



Programs and Activities (cont'd)

Commons Timebank (New)

This program was launched in December 2013, and already has more than a dozen people registered. The idea at the core of Timebanking is self-reliance and a self-reliant community where individuals exchange time and gifts to address each other's needs. There is no money exchange, just what you need for what I need; exchanging among all those in the Timebank circle. With growing interest and enthusiasm, by the end of 2013 the program had implemented 3 workshops with a total of 21 people in attendance.

Education and Engagement

This past year, we solidified an important aspect of our work. We organized a comprehensive strategy that includes workshops, webinars, newsletters, presentations, and community talks with purpose and focus. We are working so each TNDF program has an educational component to compliment our activities. One of the highlights of this work has been **Table Talks**. Each month TNDF in partnership with North House, Durham Integrated Growers (DIG), Durham Sustain Ability (DSA) and a local Community partner such as Holy Grounds Café, The Ginkgo Tree and Katie's Café present the community with a relevant topic to encourage conversation. This area of our work is strategically important to achieving our goals.

- **TNDF Workshops and Webinars:**

13 Workshops and 10 webinars, Participation: 35 people/participants

- **Networks and Collaborations:**

North Durham Social Development Council, Big Bite, DIG, Building Bridges Committee, North House, Trinity United Church, Local Schools, North Durham Food Strategy Network, Just Cause

- **Public Events, Deputations/Speaking in:**

Brock Council, Brock Business Networking Breakfasts, Churches, Schools, Food Bank AGM, Enlightened Spirit Event, 2 TNDF Open Houses

- **Regular Educational Series:**

Table Talks each month for a total of 7 in 2013

- **TNDF Space Facilitation to other community organizations:**

SERA Community Ventures, Brock Youth Centre, Brock Business Networking, Building Bridges, Brock Soccer, Spanish/French Classes, Youth Entrepreneurship Program, Collaborative of Brock

- **Media Produced/Managed:**

Complete Website Redesign, 3 monthly Newsletters, doubled our Facebook likes from mid 60s to 128 Likes, 1 Press release, 2 editorials

"I would like to thank the Food Pantry for the help it has given to me. It has helped me when I am at my worst in life. Whether it is being low on funds and needing groceries to get me through the month..."

-Program Participant



Community Soup Lunch Team

Thank you!

Partnerships and Collaborations

During 2013, TNDF continued nurturing our established and new collaborations and partnerships. Thank you to South Lake Community Futures Development Corporation (CFDC), Durham Region Social Service Department, Brock Community Health Centre, Brock Youth Centre, North House, Feed the Need, SERA Community Ventures North Durham Social Development Council, Durham Integrated Growers and Durham Food Policy Charter Group, United Way Region of Durham and Just Cause.

Community Contributions

Last year TNDF's contribution to and from our community was of vital importance. Not just a result of the concrete assistance given or received but as an example of community participation and reciprocity.

Volunteers Contribution in 2013:

In 2013, our volunteer focus shifted to more innovative and participatory programs such as Timebanking. Several volunteers continued contributing their appreciated time to support our programs. The following number of people assisted our programs in 2013: 12 volunteers at the Pantry, 7 at the Community Garden, 3 outside TNDF, 3 in the Field to Table program, 14 at Bountiful Basket, 6 at the Community Soup Lunch, 16 in various TNDF workshops; helping set up or as presenters. All this amounted to 61 people volunteering with 774 hours contributed.

Donations and Support Received:

In 2013, TNDF's programs continued receiving the generous support of the local community which translated into \$72,213 in food supplies from FTND, \$3,600 from the Region of Durham Social Services, \$2,164 from various local organizations and individuals, including the Cannington Fire Department, Bon Air Residence, Cannington Foodland, Sweet Seconds and The Enlightened Spirit event. Food or donation drives from other local organizations raised a total of \$9609, thanks to Brock's Big Bite, Cannington Lions/Lioness, various local businesses, Le Boutique Brock, and Trinity United Church in Cannington. In collaboration with other community organizations we were successful in attaining two generous grants; \$30,000 from South Lake CFDC to provide a position for a Marketing and Communications intern and in collaboration with North House \$45,000 from the United Way to equip the Community Kitchen. All this support cash, in kind, and funding combined, added up to \$156,822 for 2013 (up 6%).



Sweet Seconds donated proceeds from their Grand Opening Barbecue to TNDF.

Donations and Support Provided:

Each year TNDF and the Slabodkin Family Trust, our founders, support various local and abroad programs and community events. Some of this support in 2013 went to DIG, Feed the Need Durham, the Blake Boulton Youth Outreach in Toronto, Beaverton Special Events, and Food Secure Canada. In addition, TNDF contributed over \$168,000 to the local economy in staff salaries, facilities taxes, utilities and in the Foundation's operational budget.

Finally, as we conclude this past years report, TNDF would like to sincerely thank all those in the community who participated in and/or supported our efforts during 2013. Thank you to our current staff Cesar Caneo, Kim Bouwmeester, Angela Mason, and Izzie Jones. We would also like to mention Hilary Ostrom, our Marketing and Communications Intern who provided TNDF with a wealth of knowledge assisting in our organizations communication efforts.

...for being part of the solution!