

## **Nourish and Develop 2014 Report: ...A Year of Achievements!**

Nourish and Develop had a great and successful past year, we advanced and further consolidated our work in the community, built new significant partnerships, and started construction of the Community Food Hub in Cannington. Building on our previous year's strategic direction, our programs continue evolving to reflect our philosophy; one of encouraging change and building people's self-reliance.

Symbolizing our past year accomplishments, we would like to highlight:

- We created a community orchard to complement our community garden, and started discussions of a future educational eco-site.
- We started and completed the bulk of the construction work on the future Community Food Hub, which will assist with our mandate of promoting food security.
- We successfully applied and secured a couple of collaborative grants to support the work in our community, OTF capital funding and Tree Canada.
- As the year ended, we received news that Nourish and Develop had been selected and recognized as one of 37 Good Food Organizations - GFO – in the country by Canada Food Centres.

As we have traditionally done, we can't report on the past year, without reviewing the original goals set for 2014.

1. The Community Food Hub - Clearly now underway, with solid partnerships in place, and community recognition manifested in the grants obtained to equip the kitchen and assist with the construction of it. We are looking to move into the new facilities sometime in the spring of 2015, with other local non-profits that we will be partnering with.
2. Promoting a Model of Self-Reliance - Since we opened our Food Pantry a bit more than three years ago, we have come a long way to understand and then consistently orient our programs to encourage people's growth and independence, rather than dependency. During 2015, we look to enhance our educational efforts, making sure that everyone "understands the why" and "knows what to do".

### **Nourish and Develop Programs and Activities Report**

< As of December 31, 2014 >

Note: Once again we have followed previous years' formatting to facilitate any comparative assessment with the previous year (see comparative data % of change in parenthesis).

- **Food Pantry**

In 2014 the Pantry served **115 families** (down 20%) for a total of **282 individuals** (down 18%), of which **116 (41%) are children** (up 1%). In 2014, **727 pantry visits** were recorded (down 31%), note that now most clients visit pantry once per month but get more food supplies; this represents an average of **61 visits each month**. We estimated that all the food distributed in 2014 **totalled \$56,851** (down 21%) or \$4,738 each month. It is important to notice that **47 new families** (42% of current clients) joined the food pantry program for the first time. Only 27% of current pantry clients remain from the first year (2011). As part of Nourish and Develop Strategy, **29 current pantry clients** (25%) are now participating in various Nourish and Develop programs (i.e. volunteering, community garden, food skills development).

- **Community Garden and Orchard**

The now five year old Maple Tree Community Garden program saw its scope enhanced by the development of an Orchard. The community garden members discussed and created a new membership agreement which will enhance the management and operations of this public space. New garden collaborations involving the local PS School and Brock HS, resulted in additional garden resources (i.e. new garden shed). In 2014, **13 members** were part of the garden (7 individuals and 6 organizations). To round-up a successful garden season, we planted in the fall an orchard including 75 fruit trees and berry shrubs.

- **Bountiful Basket (FANS Good Food Box)**

A new program name “FANS” good food box, will ensure that everyone knows that behind our FANS food basket stands: Fresh, Affordable, Nutritional, and Seasonal; all central elements of Nourish and Develop various food programming. This will reinforce the central message of this program, which is to educate on and facilitate locals’ access to FANS food. During 2014, **380 baskets** (4% up) good food boxes were distributed. Most of the food boxes, **252** (up 66%) were sponsored, benefiting low income families in Brock. The program continues encouraging healthy eating and educating people about the importance of consuming fresh vegetables and fruits in our diet.

- **Food Skills Certificate (aka. Community Soup Lunch)**

It was an interesting year for the Food Skills program. We are also looking to enhance the rewards for those involved, by adding additional incentives such as new certificates. In 2014, **19 community lunches** (down 17%) were implemented, with more than **445 people attending** (43 down). At the same time **13 food skills workshops** (44% up) were implemented with the participation of 38 individuals. In addition, **7 participants** (42% down) were registered in the program in 2014 and **5 community partners** (Trinity United Church, Cannington Foodland, Cannington Scotia Bank, Katie’s Café, and Holy Grounds Cafe) assisted with the program.

- **Time Bank**

By the end of 2014, the program **membership has increased 50%**. New members and the public are becoming more interested and better understand the philosophy behind this program. The community helping the community; regardless of your financial situation, everyone has something to contribute and offer. No money transferred, just a particular skill and time (i.e. one hour of landscaping) which will entitle you to obtain a credit that you can use on exchange for any other Time Bank member skills and time (i.e. an hour of math tutoring). This program, ended 2014 with **18 members registered** (50% up) involving **280 hours** of exchanged services.

- **Educational Sessions and Media Work**

Although all Nourish and Develop programs have an educational component, it is useful to mention those dedicated sessions through the past year that aimed to inform and share relevant knowledge with those attending. Whether it was a workshop, a presentation, an information booth, or a public talk; we tried to encourage people to “take action” around the information shared. During 2014, we planned and implemented **44 educational workshops and sessions** (48% up) with an **average of 6-8 participants each** (308 attendees). Among these educational sessions we can mention: Table Talks, budgeting, diabetes information, Ontario Works and ODSP.

- **Networking and Collaborations**

Consistent with Nourish and Develop’s philosophy of collaborating and working together rather than “in silos”; we aim to help each other to deal with our significant local challenges, such as lack of local resources. This approach and philosophy was manifested in our networking and collaborative efforts during 2014. During the past year, Nourish and Develop participated in and with others, in the following instances:

**South Lake CFDC** - In collaboration with North House and SERA CV, Nourish and Develop provided space and support to complete the placement of a young Intern to research and assist those non-profits with marketing and communications. This was possible as a result of a 2013 grant of \$30,000 from SLCFDC (\$7,500 for 2014).

**Region of Durham Social Service Department** – Nourish and Develop’s good food box program continues receiving support from the Region, to assist those in need with nutritional fresh produce. The Region assisted with a grant of \$3,600 to sponsor 240 baskets annually of fresh produce.

**Brock CHC** – Nourish and Develop continues our collaboration (now in its third year) around the SERA’s OTF funding, providing space and support for the hired staff (Jordan Starr). Brock CHC’s active participation in the community garden also reflects this continued partnership. The CHC Diabetes Team also presented various workshops for our clients and general public.

**Brock Youth Centre** – Nourish and Develop partnered with BYC for the second year, to support BYC’s Youth Entrepreneurship Program launched early in 2013. We offered BYC with program space and other logistic

support as BYC secured two staff to provide youth skills development in our community. Nourish and Develop staff continued supporting BYC by participating on its board and assisting with proposal/grant management.

**North House Shelter** - North House moved its offices from Beaverton to Cannington thanks to cost effective space facilitation across from 33 Cameron St East. Nourish and Develop in conjunction with North House and other three partners (BYC, SERA CV, and Cannington Commons) successfully secured a capital grant from OTF (Trillium) for \$150,000 to assist with the construction of a commercial kitchen and guarantee 100% barrier free accessibility in the future Community Food Hub.

**SERA Community Ventures** – Nourish and Develop maintains its involvement at SERA’s board, houses its program coordinator, and supported SERA’s young Intern. We continue to collaborate with this partner and its strategic work in our community, by helping SERA promote local economic development and job creation. This is central to Nourish and Develop poverty alleviation activities and efforts.

**North Durham Social Development Council** – Nourish and Develop continues to be an active member of NDSDC as they plan and implement their future work. Our staff has formally joined and now chair the NDSDC board, as we are exploring future collaborations around common objectives, such as accommodating and supervising a co-op placement student during the first part of 2015.

#### **TNDF @ Community Events**

During 2014, Nourish and Develop attended the following events: 2014 Canada Day, Brock’s Big Bite, Nite Bites, Sunderland Maple Syrup Festival, and Cannington schools awareness nights. We also held a “shovel in the ground” BBQ event to launch the construction of the Community Food Hub, with over 100 people attending. We closed the year by holding a shared Open House at 33 Cameron St. East that involved four other local organizations.

At Nourish and Develop, we firmly believe in reciprocity, we believe that we should find common grounds and collaborate, for our mutual benefit. As a reflection of this commitment, during 2014 we participated and collaborated in more than 37 community interactions (i.e. McCaskill Mills Aviva Fund and food drives).

#### **Past Year Contributions**

2014 Nourish and Develop’s contributions to and from our community continue being of vital importance.

- **Volunteers Contribution in 2014:**  
During 2014, volunteers continued contributing their appreciated time to support our programs. In 2014 the following people assisted with their free time to our programs: 14 volunteer at the pantry (1,267 hrs.), 8 clients-helpers (438 hrs.), 4 at the Bountiful Basket (22 hrs.), 5 at the Community Soup Lunch (76 hrs.), 2 at Admin. Tasks (40 hrs.), 1 at the community Garden (128 hrs.), 4 at Time Bank (108 hrs.). All this adds up to **38 people volunteering in some capacity with over 2,000 hours** contributed in 2014.
- **Donations and Support Received:**  
In 2014 Nourish and Develop’s programs continued receiving the generous support of the local community which translated into receiving **\$56,851 from FTND** in food supplies, **\$3,600 from the Region** of Durham Social Services, \$6,907 from various local organizations and groups, including the Commonwell Insurance in Lindsay that donated \$5,000 and others such as Cannington Scotia Bank, Trinity United Church in Cannington, Sweet Seconds, Bon Air, Brock HS, Cannington Bridge Club, Ben’s Pharmacy in Cannington, and Brock’s Big Bite. We also received the generous support of many individuals totalling \$2,107; all for a **grant total of \$9,014** in cash during 2014
- **Donations and Support Provided:**  
Each year Nourish and Develop and the Slabodkin Family Trust, our founders, support various local and abroad programs and community events. During 2014, support went to Durham integrated Growers (DIG) with \$500, Feed the Need Durham with \$5,000. Other organizations and projects that were also supported with various funds are: Cannington Lions’s Canada Day and Brock’s Big Bite, to mention some. The highlight of this past year

community contribution was definitely the funds invested into the construction of Community Food Hub that equalled to more than \$750,000 dollars. In addition, TNDF contributed over \$430,000 to the local economy in staff salaries, paid taxes and utilities, from Nourish and Develop's operational budget.

In summary, as we started 2015 and we look back at a successful 2014, we sincerely thank all those in our community who participate in and/or support our work; those who after three years in Brock, have a better understanding of our philosophy of collaboration and reciprocity. We would like to reaffirm our commitment to continue supporting the community, in particular those in need, not with hand-outs but with encouragement and opportunities, so they become part of the solution. Nourish and Develop staff would also like to give special thanks to our foundation's board of directors; David, Jennifer, Max and Jake, who make this work possible due to their generous support.

### **Nourish and Develop Food Pantry – Families Stats Report**

- 115 families used the pantry in 2014 → with 47 new families – Q1: 13, Q2: 9, Q3: 10, Q4: 15
- 282 individuals were served → 166 were adults and 116 children under 18 (41% of total)
- Registered families' home location → Cannington 70%, other in Brock 13%, outside Brock 17%.
- Distributed food value (only FTND) → \$56,851 for 2014 with a total of 727 visits – 61 visits a month
- Program families profile → 91% unemployed and 9% employed full or part time
- Those unemployed (77%) profile → 34% were in Ontario works and 29% in ODSP adding to 63%
- Household served profile (own/rent) → 83% are renters with the other 17% owning their house
- At Dec 2014 of those clients registered → 29 individuals (25%) were participating in some programming

### **Some Testimonials from TNDF's Participants**

#### Client/Participant:

*"Merry Christmas to all of you...thank you for a job well done this year and all the love, care, and support you show everyone, without judgement...only strong people can do that very day! God Bless"*

Jennifer Taylor (Food Pantry client)

*"Having the (Nourish and Develop) resources at my fingertips relieves the worry. One visit and finally feel like I'm back in the right direction...Thank you"*

C.B. (Food Pantry Client)

#### Volunteer/Resident:

*"Spent a very pleasant and quite informative afternoon visiting with Nourish and Develop and its staff...I must say; I am impressed with how the agency is run, especially the measures they have in place for accountability of their clients.*

*Thank you Kim for taking the time to speak with me"*

Donna D. Baydak (Beaverton Resident)

Cannington – February, 2015  
Cesar Caneo – Director of Operations