

NOURISH and DEVELOP FOUNDATION

2015 Annual Report: *Growing to New Heights!*

The Nourish and Develop Foundation (TNDF) thrived in 2015, with many changes and exciting new developments. This past summer witnessed the opening of the **Nourish Community Hub**, a project that occupied our efforts over several years. This new collaborative space not only houses the work of our foundation, but it also offers workspace to various local non-profit organizations. The modern facilities bring significant change to Nourish and Develop's work; allowing a fresh new approach of collaboration along with more programs. Nourish and Develop has reached a new level, opening the door to new challenges as well as opportunities...we look forward to the future with confidence.

Highlights of our accomplishments during this past year include:

- In June 2015, Nourish Community Hub opened its doors to serve the local community and house several collaborative programs and other local non-profit services.
- The commercial-community kitchen accommodated many local entrepreneurs and community groups, as programs and food ventures used the well-equipped facilities.
- The Food Skills Program in collaboration with Ontario Works is providing people from Brock with the opportunity to enhance their cooking knowledge as well as developing transferable job skills.
- TNDF continues to explore a best practice-model for non-profit collaboration for the community hub that encourages new ideas and greater innovation.

TNDF is proud of its work in the community and the successes reached. The opening of the community hub, was done in collaboration with community partners and supporters; a philanthropist, funders, dedicated volunteers and non-profit partners. The completion of this project symbolizes a new era for our organization's work, an era of greater impact and transformative change. This new era in the organization's life will be guided by cherished values; **enhanced participation, improved fairness, and renewed community cooperation.**

Nourish and Develop Programs and Activities Report

[As of December 31, 2015]

Note: we followed previous years' presentation to facilitate the analysis of comparative program data (% change).

- **Nourish & Develop Food Pantry**

The Food Pantry continues to be our largest program providing emergency food to approximately 100 local families in need. We are constantly looking for ways to encourage clients to participate in some of our skill/educational programs. In 2014, the Pantry shifted its focus to better engage and assist clients, which is reflected by the program's weekly provision of fresh produce (fruit and vegetables), trying to avoid as much as possible foods with low nutritional content. During this past year, taking advantage of our new facilities, we started involving Pantry clients and volunteers alike in preserving the donated fresh produce, by canning or freezing the food that could not be distributed right away. In addition, our Food Pantry Coordinator along with our Food Skill's Coordinator launched **Friday's in the Kitchen**, which involves cooking some of this fresh produce into delicious meals, helping people to see the potential health and financial benefits of preparing meals from scratch. All these efforts were aimed at engaging Pantry clients beyond their immediate need for emergency food. In 2015, the Pantry assisted **99 families** (down 14% from the previous year) including a total of **245 individuals** (down 13%), of which **104 (42%) were children** (up 1%). A total of **621 weekly visits** were recorded (down 15%); this represents an average of **52 visits per month**. We estimate the value of the food distributed by our Pantry program in 2015 **totalled \$49,845** (down 12%) or \$4,153/month. It is important to note that **38 new families** (39% of current files) joined the food pantry program for the first time. On the other hand, 23% of the current Pantry program's files still belong to those registered during the program's first year (2011).

Reflecting TNDF's beliefs, **35 current Pantry clients** (up 21%) are now participating in various programs (i.e. volunteering, community garden, food skills development and other educational or advocacy programming). This reflects our TNDF's commitment to encourage participation and make a difference in clients' lives. The fact that the volume of clients accessing Pantry services has decreased over the last two years may be an indication that they no longer need such food services and their situation has improved. We intend to confirm this assumption over the next couple of months as we follow up former Pantry clients.

- **Maple Tree Community Garden**

The Maple Tree Community Garden program reached its sixth year *growing food and community*. A renewed commitment from its membership resulted in a more active role for garden members during 2015. The membership approved a new governance model and enhanced the garden membership agreement to allow improved participation and more shared responsibilities. The orchard planted in the fall of 2014, is now well established and we hope we might enjoy the fruits of this effort soon. Plans to develop a learning-demonstration site were put on hold last year, as our main effort was dedicated to completing and opening the community hub. However, this goal is still in TNDF's vision and plans, as our mandate speaks about establishing a **Learning Centre** for renewable energy, sustainable agriculture, and alternative construction methods. TNDF would like to invite the local community to share this vision of establishing an educational project to encourage and promote community self-reliance. In 2015, **14 garden members** (up 8%) were part of the membership (11 individuals and 3 organizations). Ten (10) monthly garden meetings and events took place during the growing season. A new garden shed was set-up with the help of members, volunteers and the generosity of Brock High School who supplied the shed and door. Thanks to the ingenuity of some of our members, the watering system was improved. Finally, last year ended with a collaboration involving the local library to plan and implement a **Seed Library** in Cannington. We look forward to a successful 2016 garden season as we invite local residents and organizations to join and continue the growing of food and community.

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

The FANS (Fresh-Affordable-Nutritional-Seasonal) food basket completed another positive year, supporting local families in need. With thanks to the Durham Region Social Service Department, 20 baskets were sponsored each month. The FANS food basket program goes beyond ensuring local families enjoy the benefits of fresh and nutritious food, it also reinforces TNDF's message of educating people about the importance of consuming whole (not processed) food and fresh fruit and vegetables. In 2015, **368 food baskets** (3% down) were distributed. Most of the baskets, **307** (up 83%) were free (67 sponsored by TNDF's donors), benefiting low income families in Brock. It is important to note that the FANS basket program purchased **\$5,513.74** (up 15%) from local food farmers/grocers, directly supporting the local economy. Also of note is that in spite of distributing 3% less baskets in 2015, the cost of fresh food increased 15% which reflects a serious spike in food prices that is affecting consumers, in particular those with lower incomes. This trend is likely to continue into 2016.

- **Food Skills Program (and Community Soup Lunch)**

Re-launching the Food Skills Program in the Nourish Community Hub has been a dream come true. While grateful to have shared space with Trinity United Church for the past few years, we are now able to have on sight a training and enhanced skills development programs that encourage even more collaborations. We developed an enhanced curriculum to cover all the basic skills that are required in a commercial kitchen. The goal is to consolidate this program during 2016, making it a flagship of our organization, as low income people acquire new skills and work-like experience. During this past year, **23 community lunches** (up 21%) were served, with more than **671 people attending** (up 51%) which is a significant increase over 2014. Also, **15 food skill workshops** (15% up) were delivered with about 35 individuals in attendance. In 2015, the bi-weekly community lunches raised **\$2,153 in collected donations** to pay for ingredients, participant gift certificates, and contribute back into other program supplies. The program involved **9 participants** (up 28%) who were registered in the program in 2015 and **4 community partners** (Trinity United Church, Cannington Scotia Bank, North House, and Ontario Works) helped with the program. We look forward to further accomplishments for this program in 2016.

- **Commons Time Bank**

As we endeavour to offer new and innovative programs to our local community, some initiatives did not take-off or require more time than expected to be recognized and get established. This is the case with the ***Time Bank Program*** which in spite of our efforts has not reached our initial expectations. After a promising year-end in 2014, the program became stagnant in terms of membership growth and interactions, and by the end of 2015 very few trades were taking place. We will go back to the drawing board and assess what didn't work and what we can do differently, including allocating additional resources. We still believe in this innovative approach that has been successful in creating more resilient and self-reliant communities across North America. The ***Time Bank*** program has **18 members registered** who are willing to share their time and skills to build a resilient community.

- **Educational Sessions and Media**

As we reported in the 2014 annual report, most Nourish and Develop programming has an educational component. We complement this with regular monthly educational sessions involving the general public that include workshops, webinars and/or speakers' presentations. One of our best examples is ***Table Talks***; a monthly gathering that brings members of the local and wider community together around topics of relevance and common interest. As its name suggests, people gather around the table to share information, discuss, and hopefully inspire action. Records show that in 2015, we organized and implemented **36 educational workshops and sessions** (18% down) with an average of 10-12 participants each or **396 attendees** (Up 33%). In addition, last year the now weekly ***Spanish Classes*** attracted over 100 participants. Some of the highlights of 2015's educational sessions were: Table Talks, budgeting, diabetes information, Ontario Works and ODSP, Eat Think Vote and Seed Saving. All sessions were aimed at informing those in attendance and inviting local action around the issues presented. For example, after our Seed Saving Table Talks with Jacob Kearey Moreland, TNDF established a ***Seed Library*** in collaboration with the Brock Library.

- **Table Talks** - 12 sessions involving about 120 people or an average of 10 people per session.
- **Webinars** - 7 in 2015 involving about 35 people or 5 people per session. Some topics included: Diet and Mental Health, Social Change, Beyond Emergency Food.
- **Workshops** – 16 with a total of about 80 people attending (5 per session).
- **Spanish Classes** – 24 sessions involving about 144 (6 per session).
- **Community Presentations** – 9 instances at schools, churches, and various networks.
- **Circle of Care**- We invited CMHA, Brock Community Health, Durham Region Social Services to support clients through introduction and space at the hub to connect.

In addition, we had a busy year with respect to publications and social media. During 2015, ten **(10) editions of our newsletter *Nourishing News*** were produced and distributed. This past year witnessed an increase in our social media efforts, with our Facebook site having considerable traffic. We also planned to upgrade our website, which will be realized in February 2016

- **Nourish Community Hub**

Although not necessarily a program, activities related to the ***Nourish Community Hub*** deserve special attention. The Community Hub has and will continue to enhance TNDF's and our partners' programming capacity. The hub has also been instrumental in attracting new services to the north (Brock Twp.), as service organizations in the south make use of hub facilities and outreach to clients in the north. The hub has also been sparking potential new collaborations and program ideas, as this local community asset becomes more recognized and utilized. In the summer of 2015, we hired an Admin and Facilities Coordinator who with the support of the collaborative had taken the lead in hub outreach work, promoting hub services in the local community. In the short six months since the hub opened its doors, our local community enjoyed more than **1,500 hours of activities-events and programing** hosted at the new facilities. Some of the highlights were:

- North Durham Social Development Council Interagency meeting, Brock Business Breakfast meetings, Shop Brock, Durham Tourism Symposium, Brock 100 Women Who Care, Brock Candidates' Food Forum, Building

Biz Forum, SERA CV Social Enterprise Rural Forum, Santa Claus Parade warming centre, Public Health Flu Shots , Brock's Culture Days and Farmers Market, and Ontario Trillium Foundation meetings.

PARTNERSHIPS AND COLLABORATIONS

Consistent with TNDF's values that encourage collaboration and cooperation rather than "working in silos", 2015 was a year with many joint initiatives and partnerships. The following list exemplifies this work which has mutually benefited those involved.

- **Nourish Community Hub - North House, the Brock Youth Centre, and SERA CV** came together around sharing workspace at the hub, signing rental leases for 2015-16. This not only offers them a modern facility and environment to conduct their work but it also encourages future innovation and collaboration. We expect that other organizations and groups will share the hub facilities as more space and resources become available. It is important to note that the above non-profit partners also invested time, resources and collaboration during the construction phase of the hub, in the first half of 2015.
- **South Lake CFDC** - In collaboration with North House and SERA CV, TNDF's partners, a \$16,000 grant was secured (2015-16) to support food programming (i.e. Food Skills Program) and food initiatives (i.e. NH Catering). The Brock Food Collaborative (the three non-profits mentioned above) in coordination with various organizations in Georgina (Ontario Water Centre, Clear Water Farm, Georgina Township) also engaged in a value-added food research project that offers great potential for 2016 and beyond. South Lake CFDC support in 2015 also helped to leverage our Admin and Facilities Coordinator salaries with another grant for \$16,000.
- **Region of Durham Social Services Department** – TNDF's monthly *FANS Food Basket* program continues to receive support from the Region, assisting those in need with nutritious fresh produce. The Region has assisted with a grant of \$3,600 annually to sponsor 20 food baskets per month.
- **Brock Community Health Centre (BCHC)** – TNDF concluded a three-and-a-half-year collaboration involving an OTF grant for SERA CV, in addition to providing space and services for SERA's staff. BCHC's continued participation in the Maple Tree Community Garden project reflects a commitment to collaborate. Again this year, the BCHC's Diabetes Team presented workshops for our Pantry clients and the general public and the BCHC's Kids in the Kitchen program has grown to 2 sessions/month.
- **Feed the Need Durham (FTND)** – TNDF continues its collaboration with FTND. TNDF receives deliveries of food supplies bi-weekly and pick ups on alternate weeks. Our membership contribution was greatly enhanced as FTND reviewed its membership structure and associated fees were increased. We estimate that FTND assisted our organization with food valued at \$50,000 in 2015.
- **SERA Community Ventures** – TNDF maintained its involvement in SERA's board of directors, and assisted the organization with space and resources for its staff. We plan to continue to collaborate with SERA and its important work; as SERA CV promotes local economic development and encourages job creation. All of which are central to TNDF's poverty alleviation goals and mandate.
- **North Durham Social Development Council** – TNDF continues to be an active member of the NDSDC. One of TNDF's staff is currently the Chair of NDSDC's Board of Directors. We continue to explore potential collaborations around shared objectives.
- **Durham Food Policy Council - DFPC** - Consistent with TNDF's strategic plan around the promotion of a *Sustainable Food System* in the Region, we continued to support the work of the DFPC by being part of their Executive's monthly meetings. This also led to TNDF's Director, joining the *Durham Region Roundtable on Climate Change Committee* – DRRCC – as we connect issues around food and climate change.
- **Ontario Water Centre & Georgina Twps.** – As TNDF took part in Brock's Food Collaborative, we engaged in a project with our partners in Georgina. This project aims to support local food, promote training, and explore

value-added food ventures that engage local farmers. This food collaboration has allowed our local partners to engage in and adopt food-programing and added value venture exploration.

- **Durham Region United Way** – Once again a partnership and support from United Way made possible to purchase a walk-in cooler and freezer which allowed us to preserve and store donated food, enhancing the provision of healthy food to our Pantry clients. A HPS Service Canada grant for \$12,000 made this possible.

Support Received and Given

TNDF believes that community organizations and groups should purposely be able to find common ground and to explore collaborations of mutual benefit. Reflecting this vision and commitment, during 2015 we received invaluable support from our community and we reciprocated it.

- **Volunteers' Time and Skills Received:**

In 2015, TNDF volunteers and students contributed their time and skills to assist with programming. Last year TNDF had: 10 volunteers (1,110 hours), 14 clients-helpers (526 hours), and 5 co-op students or community service people (885 hours). Resulting in **29 people offering their time** (down 24%) with over **2,521 hours** (up 26%) contributed in 2015.

- **Donations and Support We Received:**

During 2015, TNDF programs continued to receive generous support from the broad community: **\$49,845 from Feed The Need Durham** in donated food supplies, **\$3,600 from the Region of Durham Social Services** to sponsor FANS food baskets, **\$5,207 from groups and individual donors**; including Trinity United Church in Cannington, Lindsay's Commonwell, Cannington Scotia Bank, Brock's Big Bite, Cannington Lions and Lioness, Cannington Legion Ladies Auxiliary, Resources for Exceptional Children, Enlighted Spirit Event, and McCaskill's Mill PS. In addition, we secured **\$32,000 in grants** from South Lake CFDC to partially pay for staff and programing, **\$12,000** from Durham Region United Way (Service Canada Homelessness Partnering Strategy) for cold storage, and **\$1,258 from local farmers** in fresh produce, and Bon Air Residence's food donations. In summary, during 2015 we received, including grants and donated cash and items, a **total of \$103,910**. It is also important to note the value of our volunteers' time at current minimum wage (\$11/hr) would add another \$27,731 in valuable support.

- **Donations and Support Provided:**

As is traditionally done, TNDF and the Slabodkin Family Trust, our founders, support various local and Toronto based programs and community events. In 2015, TNDF supported our local community with more than **105 hours of free-space** provided at the **Community Hub** and another **1,260 hours for in-house programing activities**. This contribution of free space to our community has an estimated value of **over \$34,000** (at \$25/hour).

As we start another year, we would like to sincerely thank all those in our community who contributed to and/or supported our work in 2015. We would like to reaffirm our commitment to continue assisting the community; with reassurance and opportunities, to enable them to become part of the solution. TNDF staff would also like to give special thanks to The Nourish and Develop Foundation's Board of Directors; David, Jennifer, Max and Jake, who make this work possible.

Nourish and Develop's Food Pantry – Quick Report

- 99 families used the pantry in 2015 → with 38 new families – Q1=3, Q2=16, Q3=10, Q4=9
- 245 individuals were served → 141 were adults and 104 children under 18 (42% of total)
- Registered families' home location → Cannington 70%, other in Brock 14%, outside Brock 16%
- Distributed food value (only FTND) → \$49,845 for 2015 with a total of 621 visits or 52 visits/month
- Program families profile → 85% were unemployed and 15% employed full or part time

- Those unemployed receiving assistance → 34% were on Ontario Works and 23% in ODSP adding to 57%
- Household served profile (own/rent) → 93% are renters, 7% owned their house
- At Dec. 2015 of those clients registered → 35 individuals (34%) have participated in some programming

Testimonials about Nourish and Develop' s Work

“To know that there is somewhere to go when you don’t have the resources to go to the grocery store is such a relief. I like to give back by helping to promote the programs. The every-other week lunches are great for people to be able to come in and talk but not feel centred out.”

D.N. – Pantry client/participant

“We are so appreciative of the Food Pantry. It helps me survive. With paying child support and bills, there isn’t much money left for food. Never thought I would need, but life throws us curves. Thank you Food Pantry Cannington.”

J.S. - Pantry client

“We really enjoyed breakfast with Santa at the hub! Awesome food and a beautiful space with great people! We hope this can become a tradition for future years, a great time had by all.”

Heather - Community member

“Congratulations on the amazingly positive and purposeful work you are all doing to better the lives of SO many. I am very grateful to be in the loop and to be alongside this inspiring mission you do. Thank you.”

Gayle - Bridgeway Family Homes – the Foster Care Placement people

“We have rented the Nourish Community Hub kitchen for multiple days at a time over the last three months. Their staff is extremely helpful when making rental arrangements and has been more than accommodating with our specific space requirements. Prices are very reasonable and the extra services that they offer are a big draw for us.”

Ken & Ronda - The Friendly Butcher

Cannington – February 1, 2015
Cesar Caneo – Director of Operations