

2017 REPORT

*Nourishing Lives...
Developing Change*



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GROWING TOGETHER

Growing something requires preparation, cultivation, careful attention, and a dose of optimism. We see this every day at The Nourish and Develop Foundation where people grow, prepare, and eat food from our local gardens and where they gather to share knowledge.

During 2017, we continued to grow our innovative programs, our services, and our partnerships, involving social service agencies, not-for-profit organizations, local businesses, individual residents, community groups, and institutions, such as schools and libraries. We collaborated and 'grew together', addressing the roots of systemic inequality and supporting those in need in our community.

This past year alone, over 2,540 people used our food-based programs and services. Adults and children enjoyed cooking classes, dining clubs, special events, support programs, educational workshops and do-it-yourself skills development. Our Foundation became one of the first food security organizations in Canada to establish a partnership with a working farm. The Common Farm in Cannington now provides organically grown produce to assist the Food Pantry and various community meal programs on a weekly basis. The Maple Tree Community Garden, now in its 6th year, was enhanced by the introduction of the Seed Library Project

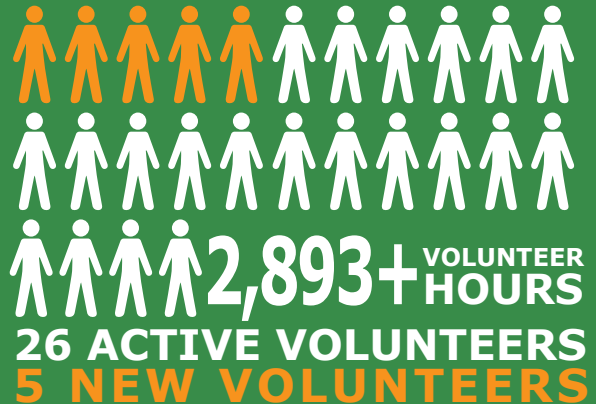
in Brock Township which provides another opportunity for local people to grow their own food. Our Community Kitchen expanded its services and programming, while continuing to offer thousands of healthy, complimentary meals to reduce social isolation and encourage community members to gather and break bread together each week.

“Together, we are changing our outlook, to inspire actions intended to improve livelihoods and living conditions in our community”

We began the year by completing a strategic planning process initiated in 2016 which guided us as we grew our services and resources. A Community Kitchen Animator, a Self-Reliance and Community Projects Facilitator, and a Creative Media Coordinator were added this year. Together, with our staff and our dedicated volunteers, we have renewed our commitment to create sustainable, long-lasting solutions to address the inequality that affects the most vulnerable in our community, and to use local resources wisely, to meet local needs. Now, more than ever, we strive to help people to help themselves, by Nourishing Lives and Developing Change!

Cesar Caneo - Director of Operations

GROWING IMPACT





PROGRAMS



FOOD ASSISTANCE

We facilitate programs that increase access to good local food and nutrition education. The Food Pantry provides emergency food supplies and toiletries for families in need. Our Food Outreach efforts provide daily access to fresh food and prepared meals for local seniors and other vulnerable people where they live.

The Good Food Box program delivers fresh produce following the FANS (fresh, affordable, nutritional, seasonal) approach each month to participating local families. The Pantry Processing program offers everyone a chance to learn about preserving food at its peak of local freshness and grow the nutritional content of the food intended for the Food Pantry program. At the heart of it all are residents, farmers and community groups throughout Brock Township that donate food and organize food drives to help improve food security for those at risk.



“As someone that uses the Food Pantry in Cannington, I think it is the best. From the monthly Good Food Basket to the supplies every week. The variety is like doing your own shopping. Everyone is always greeted with a smile. Love it and their people!”

Jennifer, Food Pantry Client



FOOD PANTRY
SUPPORTED
188 PEOPLE
OVER
410 VISITS



61%
SPONSORED



PROGRAMS



COMMUNITY KITCHEN

The Community Kitchen provides the community free access to activities and workshops where anyone can learn to cook or simply learn to eat healthier and more affordably. Our Community Lunches are a weekly social gathering where people enjoy a delicious and nutritious lunch with their neighbors.

36
PEOPLE
ATTENDED
COOKING
WORKSHOPS

"Since I started volunteering at the Hub, I have left my apartment more and it has helped me become more comfortable talking to people. I have also learned more kitchen skills"

Jen, Community Kitchen Volunteer

1,571
PEOPLE
ATTENDED
WEEKLY
MEALS

The Community Kitchen also offers food-related education programs and certifications, such as Safe Food Handling and Smart Serve workshops. The introduction of the Dining Club and the Bread Club in 2017 brought the community together to learn new techniques, cook and bake for others, and share a meal together.

Our certified commercial kitchen is open to small businesses on a rental basis and continued to provide professional food production space for many caterers and aspiring food entrepreneurs.



PROGRAMS



KNOWLEDGE SHARING & SELF-RELIANCE

Our foundation believes that people's participation in their education and development is key to transforming life situations and creating collaboration, rather than dependency. Our educational programming this past year centered on creating opportunities and instruction to further social inclusion and build an environment where everyone can contribute to their own well-being. We provided people with opportunities to gain necessary skills and knowledge and assisted with information and referrals to other service providers. We also encouraged the exploration and development of local community projects and solution-based participatory learning.

COMMUNITY GARDEN MEMBERS



At the Maple Tree Community Garden, we helped people to grow their own food and learn transferable skills, while the Seed Library initiative facilitated new community collaborations with residents and Brock's libraries. Our Learning Circles program offered people access to do-it-yourself (DIY) workshops and the Table Talks monthly series continued to provide an opportunity to learn about and discuss interesting and relevant topics determined by community interest.

"What I like most about participating in the garden, is the ability to grow my own food, connect with people in the community, and having enough room for our garden without it taking over our backyard."

Community garden member



THE HUB

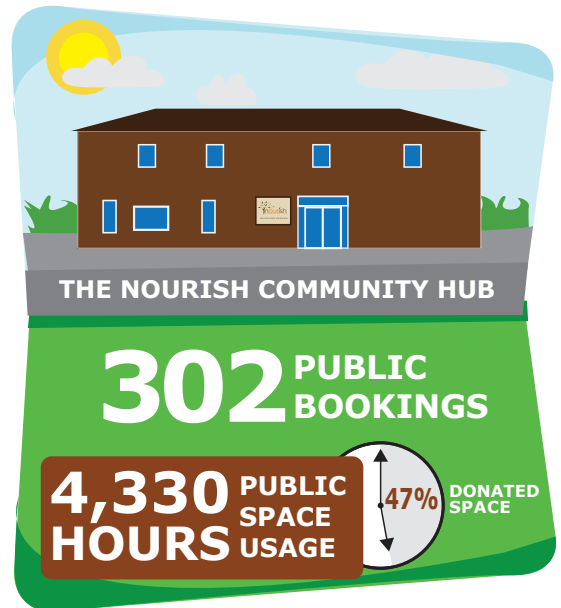
The Nourish Community Hub opened its doors in the summer of 2015 and has since realized years of collaborative work and community involvement. The “Hub” has become a community gathering spot for many community meetings, educational and health sessions, and a place where small businesses and not-for-profits can utilize our temporary work space and/or permanent offices. Built on the guiding principle that a community should be able to find multiple services and supports under one roof, the Hub has grown into a place where you can come to eat, cook, work, volunteer, meet friends and share ideas.

Throughout 2017 the Nourish Community Hub has grown to become and be regarded as a strong community asset thanks to the input provided by all who visited and/or accessed the multiple services and events housed in this remarkable building throughout the year.

 **773 PEOPLE
ATTENDED
HUB EVENTS**



Photo: Nourish Community Hub - Cannington



“Working with the team at the Community Nourish Hub has been an absolute pleasure. Their space, and more importantly their strong connection to the community has made programs such as ours a possibility in the Brock area. We look forward to continuing to work together with the fantastic folks at the Nourish Hub”

Kyle of Durham College Employment Resources, Local Institution

CONTRIBUTORS

We would like to acknowledge with gratitude the continued contribution of our Foundation's benefactor - Canada Protection Plan Inc. Equally, we thank the many individual donors and the in-kind support we received this past year from local farmers and businesses. They have all contributed to our growth and have made a difference.



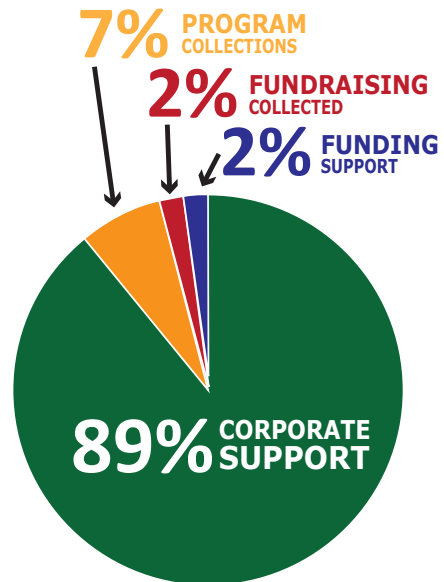
VOLUNTEERS

We are grateful to the many people in this incredible community whose generosity of spirit and has enhanced the work of The Nourish and Develop Foundation. They are helping to improve the quality of life for many. To our 26 dedicated volunteers (17 women and 9 men) who worked alongside our staff increased their hours by 130% to 2,893 over 2016, a huge thank-you.

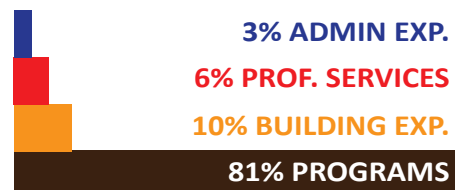


FINANCIAL

INCOME



EXPENSES



COLLABORATIONS

The Nourish and Develop Foundation believes in the power of collaboration and the importance of working together. We believe that facilitating collaboration is an effective way to build, rebuild and foster a community's well-being. We would like to thank the following organizations with whom we worked closely in 2017, for supporting our vision and helping us grow our impact - together.

"The Nourish and Develop Foundation has been exceptional for the past two years at the Cannington Haunted Trail and Maze annual event. They have provided great food to warm and satisfy our guests and volunteers. A wonderful community partner!"

Angela Canavan

MEMBERSHIPS

Our Foundation has been recognized as a Good Food Organization for the last three years and we are an active member of the following organizations:



FSC
Food Secure Canada



Durham Food Policy Council



We recognize the following organizations that we have worked closely with in 2017.

- Beaverton Special Events
- Brock Township Public Libraries
- Cannington Mental Health Association
- Commons Farm
- Cannington Haunted Trial
- Community Living
- Community Living Durham North
- Durham Integrated Growers
- Durham College Employment Centre
- Durham Farm & Rural Family
- Durham Legal
- Holy Grounds Cafe
- KoAct
- Cannington Lions
- McCaskill's Mill P.S.
- North House
- Outer City Arts
- Ontario Works Durham Region
- SERA Community
- Sunderland Agric. Society
- Sunderland P.S.
- The Thrift Hub
- Trinity United Church - Cannington
- Welcome Wagon in Brock

OUR FOUNDATION

OUR VISION

Building sustainable and collaborative communities together.

OUR MISSION

To promote local food security and self-reliance in communities through collaborative programs and partnerships that deliver lasting solutions and life-long learning.

OUR PRINCIPLES

PARTICIPATION - we encourage all community members to actively contribute and influence matters concerning their lives.

COLLABORATION - we are committed to working in partnership to share resources and develop mutual understanding.

FAIRNESS - we will treat all people with respect and consideration and be fully accountable to our community.

BEST PRACTICES - we will constantly learn; every experience will make us wiser and better at what we do.

"You must be the change you wish to see in the world."

- Mahatma Gandhi

OUR TEAM

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Board of Directors

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