



2018 ANNUAL REPORT

Together...It is Possible!

THE NOURISH AND DEVELOP FOUNDATION
705-432-2444 | WWW.TNDF.CA

“Nourishing Lives... Developing Change”

Providing access to good food is just the beginning of our work. We believe that improving lives and building stronger communities is the result of working together with a sense of purpose. Our programs facilitate activities that improve self-reliance and includes projects that strengthen the community.

Our **MISSION** is to enhance local food security and promote self-reliance through collaborative programs and partnerships that deliver lasting solutions and life-long learning.

We have a **VISION** for building sustainable and collaborative communities together.

The key **PRINCIPLES** that guide our day-to-day work are:

PARTICIPATION - everyone can contribute to and influence the matters concerning their lives.

COLLABORATION - we work in partnership to share resources and develop mutual understanding.

FAIRNESS - our commitment to this community is to treat all people with respect and dignity.

BEST PRACTICE – we learn from every experience to become wiser and better at what we do.

WORKING WELL TOGETHER

Great things happened this past year, confirming that when the community works together with a sense of purpose and the right inspiration, solutions flourish. In 2018, we were able to strengthen our staff team with two valuable additions – we welcomed to our team Rebecca and Joanne – this allowed us to expand our services to incorporate two important initiatives.

“WE ALSO STRENGTHENED OUR COLLABORATION WITH LOCAL SCHOOLS TO ASSIST THEIR FOOD PROGRAMS, ENSURING THAT CHILDREN ATTENDING SCHOOL HAVE ACCESS TO HEALTHY SNACKS AND/OR LUNCHES. THIS PROGRAM ADDRESSES A BASIC HUMAN RIGHT - THE RIGHT TO HAVE ACCESS TO FOOD”.

Early in the year, we expanded our emergency Food Access Program collaborations to include Food Outreach, bringing much needed food supplies to two buildings in Cannington. We also strengthened our collaboration with local schools to assist their food programs, ensuring that children attending school have access to healthy snacks and/or lunches. This program addresses a basic human right - the right to have access to food.

While our staff led these programs, our incredible volunteers made them happen. From

sharing their time and expertise in our weekly community lunches to gathering food from farmer’s fields, our volunteers contributed close to 2,800 hours in 2018. Thank you.

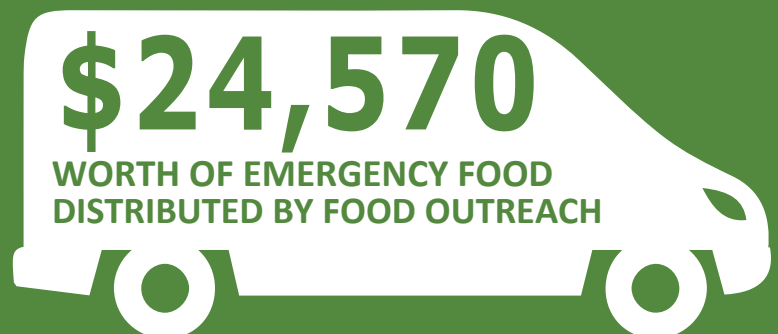
For 2019, we invite you to learn about our exciting new programs. We will expand our emergency food services to reach other towns in Brock Township, and we will offer Drop in sessions, where people can gather, rest, enjoy a warm meal, and receive valuable information about services they may need. If you need help, feel isolated, or are experiencing household problems, we are here to help.

Finally, all of last year’s accomplishments would not have been possible without our collaborations and partnerships. Rural communities such as ours face many limitations, however the power of collaboration makes it possible to overcome many of them. As members of the community attend our community meals, sign up for garden plots, support our amazing gala dinners, participate in our learning sessions and workshops, volunteer their time to preserve the harvest, or simply share the good news about our work in the community, we are assured that our programs are valuable and needed. For all the support received, we are truly grateful and inspired to continue Nourishing Lives and Developing Change!

In community,
Cesar Caneo – Director of Operations



IMPACT OF WORKING TOGETHER





FOOD ACCESS PROGRAM

The Food Access Program embraces the philosophy behind “FANS” – Fresh – Affordable – Nutritional – Seasonal Food. Our chef and dedicated volunteers process the harvest from the *Commons Farm* and *gleaning program*, for distribution to those in need. We also recognize the difficulty for seniors and other individuals to access emergency food. To reach those in need, we have established Food Outreach services in two locations in Cannington. In addition, our monthly “Good Food Basket” is available at cost, with the same FANS philosophy, providing a variety of fresh produce. Through this program members enjoy significant cost savings, as purchases are made in bulk, and whenever possible we purchase from local farmers.



COMMUNITY KITCHEN PROGRAM

The Community Kitchen Program supports some of our busiest activities. We promote good nutrition and the journey from field to table. Our fully equipped and accessible kitchen facility is home to cooking classes for the very young to the more experienced and is an affordable resource for local food producers to process their harvest. The Community Kitchen has something for everyone – including local foodies who can purchase tickets to attend fantastic culinary experiences, such as the ‘Dining Club’ and ‘Dine for a Cause’ with all proceeds going to support community programs.



COMMUNITY DEVELOPMENT PROGRAM

The Community Development Program is a key pillar of our work. This program brings people together to learn and discuss issues of common interest, leading to engagement and carrying out collective action. All of our community projects engage community partners to offer sustainable solutions. For example, our Seed Library and our Community Garden are furthered by the active involvement of community members looking to grow food locally and promote public access to seeds. Our emerging Night Market gives artisans, artists, local farmers and small businesses a new venue to sell their products. And, Project Gleaning, a new TNDF initiative in 2018, partnered with local farmers and volunteers to glean good food. This initiative generated a win-win-win effect, we were able to glean produce for our Food Pantry, a tax receipt was given to donating farms, and it contributed to minimizing CO2 emissions from food waste. Every initiative is a step forward to developing the community together.



NOURISH HUB

The Nourish Hub is The Nourish and Develop Foundation’s home base. It is a valuable community resource, where food, people, and ideas grow. The building is accessible, with a kitchen, dining hall, and Food Pantry on the main floor and offices, meeting rooms and hot desks on the second floor. During the planning phase, the community identified the need for a safe space where residents could access information and services. Local organizations use the space on a regular basis for services, outreach, community meetings, educational sessions and recreational activities. The Nourish Hub offers a safe place to get a meal, connect to services, or simply meet neighbours around a table. In addition, the Hub Connect service offers referrals to other services and resources as needed.

FOOD ACCESS

Food is much more than eating, it is about bringing people together, supporting local farmers, and ensuring people can feed their families. Nourish and Develop is a Good Food Organization in recognition of our holistic approach to food. We promote and celebrate local food; from food access, building food skills, and fostering food advocacy.

FOOD PANTRY

The Food Pantry Program began in 2011, after the food bank in Cannington closed. Families and individuals experiencing poverty, visit the Food Pantry to get emergency food provisions that include dry goods, fresh produce, and personal care items. For so many in Canada, the need for emergency food is not an option, but a necessity. If you have a food emergency, please contact us at 705.432.2444, we are here to assist.



FOOD OUTREACH

Since the Food Pantry opened, seniors have accounted for only 2% of clients. It is known that the negative stigma associated with food banks makes accessing services difficult for many. To address this, in 2018, we established a discrete, self-serve food service at two locations, a seniors' building and a non-profit housing building. The response has been very positive, as 16 new families have made use of the service, receiving the food they urgently need.

GOOD FOOD BOX

The Good Food Box is a well-known, best practice food access program. On the third Thursday of each month, Nourish and Develop provides individuals and families with a basket of fresh produce. Some in our community can't always afford fresh nutritious food, this is why 70% of distributed Good Food boxes are sponsored and delivered free of cost to those in need. Anyone can support this program and order a basket for \$18, for themselves or to sponsor a local family.



PANTRY PROCESSING

A recent report indicated that approximately 60% of food is wasted in Canada. This is from farmers fields that lay to waste or purchased food that is never consumed. Our pantry processing staff make sure that every bit of fresh food is processed to be consumed during the winter months. Our kitchen staff welcome volunteers to participate in food processing sessions, preserving the harvest or preparing healthy meals for food outreach.

COMMUNITY KITCHEN

The Community Kitchen is very busy with programming and activities for everyone. Our holistic approach to food promotes good nutrition and the journey from field to table, always striving to support local and seasonal food.

COMMUNITY MEALS

The Community Kitchen chef and our team of volunteers invite the community each Wednesday from 11:30 am to 1:30 pm to join us for our **'Community Lunch'** at the Nourish Hub. Come for lunch, meet new friends, taste great food, and receive valuable information, everyone is welcome!

'Nourishing Events' brings our meals and chef out to the community to provide local good food. If you are familiar with Brock's Big Bite, Canada Day celebrations, and The Haunted Trail, or, if your child has enjoyed one of our paper-bag healthy lunches at school; Nourish and Develop is involved in these collaborations, to nourish lives!

COOKING CLASSES

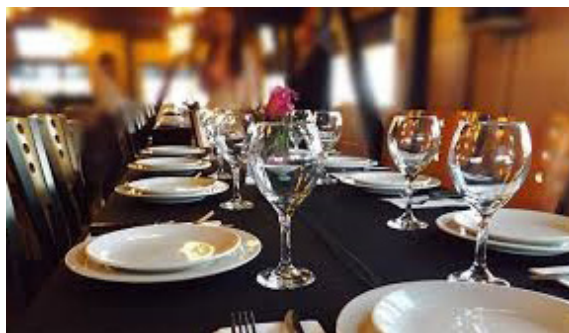
Register for some of our monthly cooking classes like **'What's Cooking'** or **'Young Chefs'**. Regardless of your age, you will be guided by our master chef on how to prepare amazing recipes or improve your kitchen skills. Sessions are for the novice to the expert. If you are interested in a custom package for your group or organization, please contact us.

Among the options to join a session and learn, you will find **'Bakers' Club'**, on the 4th Saturday of each month; and **'Dining Club'**, the 4th Tuesday of each month. Other sessions such as **"Field to Fork"** bring groups of children (i.e. school classes) to our kitchen for a customized workshop. The possibilities are endless, call for more details.



FOOD VENTURES

Are you a foodie, or do you enjoy amazing culinary experiences? You will love our **'Dine for a Cause'** gala dinners. Support local community initiatives by purchasing a \$50 ticket, enjoy a delicious meal and receive a charitable tax receipt value of \$25. Every gala is dedicated to help a specific community project, such as nutritious snacks for local schools.



Our chef and kitchen team are working hard to develop creative food products. Soon you may see them on the shelves of local food outlets under our brand **'Nourish - Community Kitchen'**.

Each year we hold a local recipe contest to gather the best and sometimes forgotten recipes. Watch for information to enter to win great prizes!

COMMUNITY DEVELOPMENT

Each of our **Community Development** initiatives has benefited from a participatory community engagement process. The program provides a platform for continuous learning, relevant discussions, and meaningful collaborations.

COMMUNITY PROJECTS

You may have attended the **‘Night Market’** this past year. This initiative brings together local artists, services groups, and local vendors. Between May and October visit the Night Market from 6:00 pm on the second Tuesday of the month and buy local art, enjoy street food, or join some of the food demonstrations happening inside the Nourish Hub.



Do you have a green-thumb? Then register for a plot at the **‘Maple Tree Community Garden’**. The garden has more than 40 plots to grow food from May to October. Garden members meet the first Wednesday of each month to share information and plan collective tasks. If you need seeds, drop by one of Brock Township’s public libraries to check out our **‘Seed Library’**. From February to November seeds are available free of charge. You can donate seeds as well. The project is intended to save precious heirlooms seeds and educate people about the importance of growing their own food. A step towards self-reliance!



Our **‘Project Gleaning’** program allows local farmers to collaborate with us to save good food from going to waste. Vegetables from the post harvest are picked to prepare meals, preserve for winter months and feed those in need. If you would like to participate and volunteer your time, we glean weekly from May to October.





COLLABORATIVE LEARNING

Collaborative learning encourages participants regardless of their backgrounds to work together, share skills and learn from each other in a collaborative atmosphere. A good example is the ***'DIT (Do it together) Workshops'*** that take place each month throughout the year, which combine DIY with cooperation (i.e. how to tune up your bike, or how to grow food in planters). From June to September the ***'Learning Garden'*** program takes the classroom outdoors with hands-on learning in our community garden.

COMMUNITY ADVOCACY

Community advocacy involves discussion, collaboration and taking action to address community concerns. ***'Table Talks'*** happens several times a year to talk about matters of interest to attendees including; local food procurement, importance of saving seeds, etc. ***'Engage for Change'*** meetings are held between November and March to discuss issues, determine priorities and develop a course of action. All events are listed on our community calendar. If you want to see change...you must engage!



MEMBERSHIPS

UNITED IN PURPOSE

Nourish and Develop is associated with the following organizations that reflect our values and with whom we share a common purpose, to promote change!

Durham Food Policy Council, Feed the Need in Durham, Community Food Centres Canada, Food Secure Canada, Local Food and Farm Co-ops

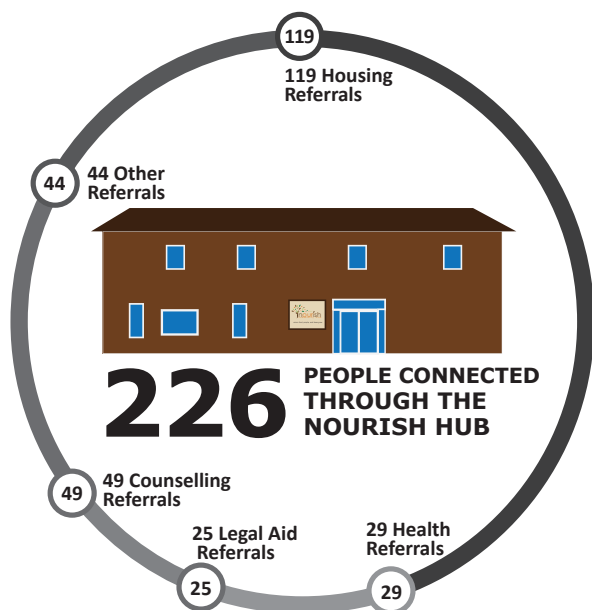


NOURISH HUB

The Nourish Hub was designed after extensive consultation with community members, service organizations and local business. The Hub has grown, becoming a fantastic public space and community resource.

HUB CONNECT

The Nourish Hub offers more than just a community space. **'Hub Connect'** is open Monday to Friday from 9:00 am to 4:30 pm, assisting clients with referrals, providing information about organizations and services. Our **'Info Desk'** can often arrange for service providers to come to the Hub and meet with you.



Beginning in 2019, our **'Drop In'** will operate Wednesdays from 12 pm to 4 pm (overlapping with our Community Lunch) and Tuesdays and Fridays from 9:00 am to 1:00 pm. This is an opportunity to come in for support and services, including; free

Wi-Fi, a computer, phone, a welcoming space and a hot meal and refreshments. Some Drop-ins will feature a service provider to assist making these sessions more useful. Take a break and come in!

HUB FACILITIES

The Nourish Hub offers an accessible **'Rental Space'** that includes a fully equipped and inspected kitchen with an adjoining dining room, a board room and hot desks. Hot desks are available for several hours or longer. Internet, telephone and access to printing are also included in workspace rentals. Whether you need an accessible space for work, a meeting, a private party, or use of the commercial kitchen contact us for further details.



LEARNING HUB

We strive to have a learning component in all our programs and activities. The **'Learning Hub'** provides sessions offered in collaboration with other organizations and individuals. They can be a series of classes, or lectures, or one off sessions based on a specific topic, such as Food Handling and First Aid. Check our monthly calendar for more information.

IN THEIR OWN WORDS

“It is always a pleasure to be helping out at the Nourish Community Hub. Everyone is welcoming that makes you want to keep coming back. I have been able to learn so much and grow while being here and have gotten out of the house more and met a lot more people from the community since I started volunteering. I have made more connections while volunteering at the Hub than I ever thought and met a lot more people here than I ever thought I would.”

Allison M. - Nourish Hub Volunteer

“The Nourish Hub has been so much more than just a teaching space for our Essentials Skills program. Their strong connection with the community has been integral to our program’s success in the area.”

Kyle T. - Durham College
School of Interdisciplinary Studies

“I would like to thank the Nourish Hub community for continuing to support me in both my employment skills and personal goals. They helped me to learn new skills to serve my community.”

TJ R. – Community Kitchen
Program Participant

“I’m very happy with the services we receive here at the Nourish Hub – I give them 100% thumbs up!”

Terry B. - Client

“The Nourish Hub space works well because of the layout and the amenities of the commercial kitchen. The youth and I attending the program always feel welcome from the friendly staff and really enjoy using this local resource.”

Travis D. – Brock Community Health Centre

“Volunteering at the Nourish building has been a rewarding experience. The staff here are kind, caring people who do many great things for our community.”

Lorna G. – Community Kitchen Volunteer

“Throughout 2018, The Nourish and Develop Foundation’s Community Hub team has worked in collaboration with North House to provide services to the most vulnerable population in Brock Township.”

Lisa P. - Housing Support Worker,
North House

WHAT'S AHEAD IN 2019

Given the remarkable growth and our successes in the past few years, we are proud of our contribution, serving hundreds of people annually... but we cannot settle for 'good enough'. Making sure that children attending school are well nourished; supporting our seniors at their home with good food; or offering comfort and relief to those who feel isolated and need support, we are only getting started!

As we look ahead, we are honoured by the prospect of providing more and better services to more people in our community. Today, we have four core programs – food access – community kitchen – nourish hub – and community development. Together, these programs support so many in our community.



We look forward to broadening our services in 2019 by providing new opportunities as the need presents - by expanding our collaboration with local schools' food programs, and by reaching out to seniors in other towns such as Beaverton and Sunderland to ensure that emergency food is available where they live. Under the guidance of our board, we are also exploring, supportive housing options for those who may need shelter during an emergency or during life transitions.

Together we look forward to a brighter future by working with our community and by furthering the essential support from our foundation benefactors. Thank you for allowing us to be of service.

CONTRIBUTIONS

GIVEN TO US

We cannot begin to express our gratitude to those who make our work possible because of their generosity. In particular, the continued financial support of our foundation's patron – Canada Protection Plan Inc, without whom our success would not be possible



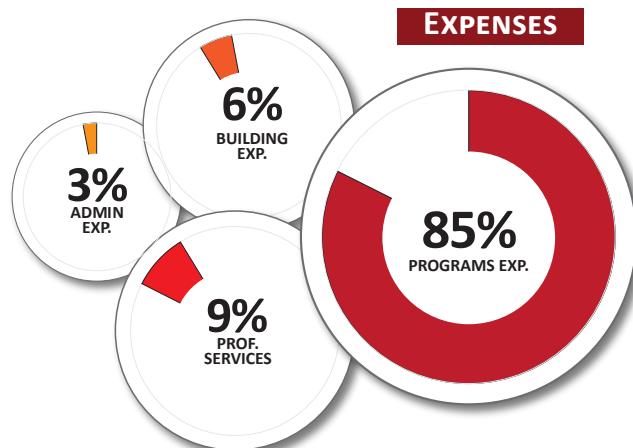
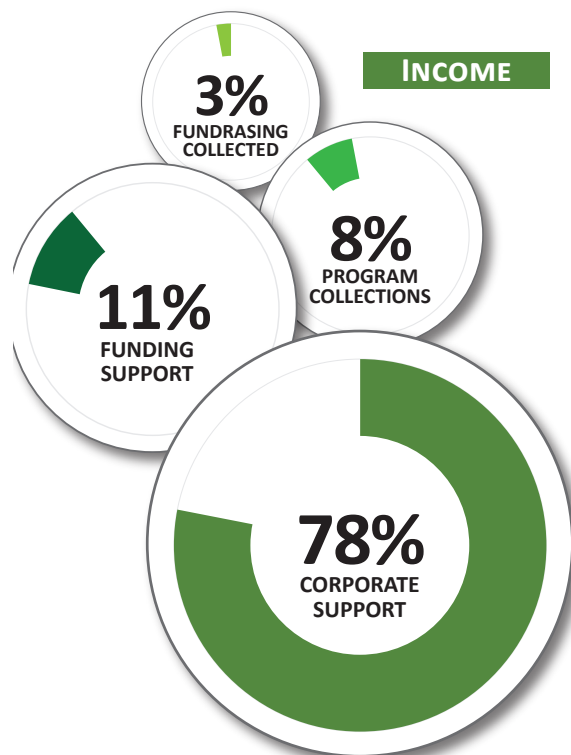
In 2018, several local farmers collaborated with us and supported our gleaning program, helping to reduce food waste and feed people in need. We believe that allowing people to help, builds a sense of ownership. For example, those who attend our gala dinner, contribute to our fundraising while enjoying a delicious culinary experience. To all the supporters, we express our sincere appreciation!

GIVEN FROM US

Each year, in addition to offering our services and programs, we directly support good causes in the community. In 2018, we sponsored several local initiatives and helped other organizations, including Faunus Herbs, Feed the Need Durham, and Inn From The Cold. In addition, our shared philosophy around “buy local”, made a difference as we chose to purchase from local businesses whenever possible. We encourage everyone to support our local economy and shop local.

Thank you to all who contributed to make our work possible. We have celebrated another successful year of fostering inclusivity, offering hope, and building community!

FINANCIAL



COLLABORATIONS

We are grateful for our valued collaborative partnerships. Collaboration is the cornerstone of our programs - all our services and programs are created as a part of the community. We rely on the support of many volunteers, partner organizations and individual donors to help implement our programs.

Today, local needs are so vast that Nourish and Develop alone cannot provide all the support required. In the community, our incredibly generous partners take our mission to heart.

There is no better community support than the organizations listed below:

LOCAL BUSINESSES

Vouchers, Good Food Box sponsorships, in-kind donations, reduced fees for clients, and freshly gleaned produce:

- Ataraxia
- Cannington Foodland
- Holy Grounds Café
- Pergola Guys
- Sew Perfect
- Snippet of Spices
- The Locker
- The Thrift Hub
- Vince's Supermarket Uxbridge
- Walmart, Port Perry
- Among others

and the following local farms:

- Cooper's CSA Farm Inc.
- Willo'Wind Farm
- Brooks Farms Ltd.
- Grassroot Organic
- Lakewinds Farm
- Forsythe Family Farms 2009 Inc.
- Commons Farm

LOCAL ORGANIZATIONS

Client referrals, food services, coop students, program partnerships, food drives, and workshops:

- Bon Air Nursing Home
- Brock Community Food Bank
- Brock Community Health Centre
- Brock High School
- Brock Township Public Libraries
- Cannington Fire Department
- Canadian Mental Health Association
- Children's Aid Society
- Community Living Uxbridge
- Community Living D.N. Homelessness Prevention
- Durham College Essential Skills
- Durham College Employment Resources
- Durham Community Legal Clinic
- Durham Integrated Growers
- Durham Region Health Department
- Durham Regional Police Services
- Food Rescue
- Holy Catholic Family Public School
- Inn From The Cold Shelter
- McCaskill's Mills Public School
- North House
- Outer City Arts Inc.
- Port Perry Food Bank
- Stonemoore Daycare
- Sunderland Public School
- Winterlea Group Home
- York Works
- Among others

COMMUNITY GROUPS

Special events, food drives and donations, services exchange, networking and promotion, financial and in-kind donations:

- Cannington Ladies Auxiliary of the Royal Canadian Legion
- Baptist Church
- Beaverton Special Events
- Brock's Ultimate Deals
- Cannington Haunted Trail
- Cannington Horticultural Society
- Cannington Lions & Lionesses Club
- Cannington Neighbourhood Watch
- Sparks, Brownies, Guides
- Trinity United Church
- Among others



2018

THE YEAR IN REVIEW

"THE WILD BUNCH"



OUR VOLUNTEERS

Our volunteers are the backbone of our organization and we could not begin to accomplish all the things in our community without them. From harvesting through our Gleaning Program, to preserving and processing food for the Food Pantry, to assisting with the preparation of community lunches, our dedicated volunteers give generously of their time to make our programs possible.

Join our volunteer crew and become part of the Nourish Team. We have opportunities that will suit your time, your schedule, and skill set. It is a great feeling, knowing that you have contributed to improving lives.

Talk to us about how your organization or business can benefit from our team building activities. It's fun and personally satisfying to build your team while giving back to the community.

Volunteers work side by side with our staff in all programs. If you would like to volunteer, choose the program of your choice, and contact us for more information.

A huge shout out to all volunteers and contributors! We couldn't do it without you!



**2,787+ VOLUNTEER
HOURS**
21 ACTIVE VOLUNTEERS



OUR LEADERSHIP TEAM

BOARD OF DIRECTORS

Nourish and Develop is led by a deeply caring, enthusiastic and active Board of Directors who share their insight and expertise to help advance our mission. Their perspective, encouragement and support are foundational pillars and are imperative to enabling us to serve families through our community services and other core programs.

DAVID SLABODKIN

Board Chair | david@tndf.ca

JENNIFER HAYTER

Board Secretary

MAX FINE

Member at Large

JAKE FINE

Member at Large

OUR STAFF

DIRECTOR OF OPERATIONS

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CREATIVE MEDIA COORDINATOR

Ashleigh Harrison | ashleigh@tndf.ca



Now is the time to come together with allies across boundaries, including race, belief, sexual orientation, or ability who share the idea that a better world is not only possible but necessary. Protecting our environment and promoting social inclusion is at the core of creating a more just and equitable world. Our work and efforts are interconnected and require all of our participation to drive innovation and address the most pressing needs - forging a more democratic system that serves all and not just a few, to ensuring that the rights of those most vulnerable are protected; the right to housing, the right to food, the right to dignifying and rewarding lives with equal opportunities. Person by person, in coalitions and across our diverse communities, we are growing our grassroots impact and leading transformational change. Together, we are powerful. Together, we are resilient!




Together, We Are Stronger!



THE NOURISH AND DEVELOP FOUNDATION

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