

Annual Report 2019

Growing Forward...

2019 Annual Report www.tndf.ca





Night Market at Nourish Community Hub Parking Lot (AUG 2019)

Director's Message - Growing Forward



I am pleased to share a snapshot of the important work and progress achieved in 2019 towards TNDF's strategic priorities. From our efforts to promote greater awareness in the community regarding its members' most pressing needs, to enhancing our current services and investing in new programs, TNDF's accomplishments have been remarkable. By promoting a culture of service excellence, where every individual and child is positioned for success, TNDF has met and exceeded its targets.

It has been another year of change and growth for TNDF. In addition to increasing the services provided through our current programs, we began to develop two new initiatives: A Social Supports Program and a Women's Services Program, which includes a shelter for women escaping violence. In addition, three new staff joined our team, thereby enhancing the impact and benefits that our services bring to peoples' lives. As TNDF continues to grow, I have every confidence that the organization is in good hands. Our dedicated staff pro-actively responds to community needs, allowing TNDF to fulfill its mission;

To enhance local food security and encourage people's self-reliance through collaborative programs and partnerships that deliver lasting solutions and life-long learning.

Highlights of 2019's accomplishments include: the contribution of our invaluable volunteers, who made our work possible by providing 2,787 hours of service, the Community Kitchen Program that served an astonishing 3,648 meals during Wednesday's community lunches, and prepared 1,262 single and 217 family meals for three satellite locations in Brock Township. In addition, the Student Nutrition Program supported children at three local public schools with 1,020 nutritional lunches and 4,950 healthy snacks. Finally, our Food Access Program assisted 270 individuals through 1,093 visits to the Food Pantry and satellite locations, providing over \$125,000 in emergency food.

Our persistent work and effort to assist the most vulnerable would not have been possible without the support and contributions of many allies in the community, including Impact Insurance, through Brown and Brethour Insurance Brokers in Sunderland, who contributed to the school nutrition program. Most significantly, there were 93 businesses and organizations that collaborated with us on 294 community initiatives this past year. In conclusion, 2019 was a year where TNDF grew forward, Nourishing Lives and Developing Change... We welcome you to join us in this effort!

Warm regards,
Cesar Caneo – TNDF Director of Operations



Nourish Community Hub



Since opening in 2015, the Nourish Community Hub has become an essential feature of the local landscape, supporting the community by providing access to a safe, inclusive, accessible, and affordable space. The Nourish Community Hub is known as a place where food, people, and ideas grow. Providing essential services and hosting events that encourage collaborative learning. A place that inspires organizational collaboration, enabling the community to grow and develop a sense of pride and identity.

Our facility offers rental space that includes a commercial kitchen, offices, meeting and party rooms, and hot desks; often rented at a discounted rate to assist community members and organizations, including small business owners. In 2019, the Hub was booked for 4,739 hours and hosted more than 128 sessions, including Drop-Ins, Spanish classes, First Aid and CPR courses, art classes, employment related workshops, and Safe-Talk training, to name a few. The Nourish Community Hub's front-desk services also assisted 204 people with referrals and valuable contacts.

"I have had the pleasure of numerous contacts with many staff at the Hub and I have had absolutely positive experiences every time. The staff are helpful, answer all questions, and provide links & resources when needed."

Hub Community Partner

The Nourish Community Hub continues to be a valuable local resource, providing access to information, connections to appropriate services, and affordable space for all.

Collaborative Meeting with Thinktum (AUG 2019)

1,801 LBS
of fresh
produce
gleaned

4,949
school healthy
snacks
supplied

203
visits
to the Brock HS
Youth Hub

853
people
visited
Night Markets

Community Development



The Community Development Program's mandate is to enable the local community to develop a shared vision, enhance community capacity and meet its members' needs. This TNDF program strengthened its work in 2019 by facilitating innovative community-driven projects that helped individuals in the community to enhance their self-reliance and ultimately contribute to building a more sustainable community.

“TNDF is one of our community’s greatest assets, supporting some of our most fundamental needs through creative, innovative, and equitable programs. We’re proud to partner with TNDF whenever we can.”

Brock Public Library

The Community Development Program had a 42% increase in related activities over 2018. The Maple Tree Community Garden, The Night Market, Project Gleaning pick-ups, Brock Youth Hub sessions, educational workshops, Engage for Change and Seed Library gatherings, are just some of the initiatives that were expanded in collaboration with the community. A total of 975 individuals participated in these initiatives, including 227 children.

Two programs of note are the Night Market and the Youth Hub. The Night Market involved 6 exciting, vibrant evenings from May to October, showcasing more than 35 local entrepreneurs and introducing delicious, culturally diverse meals. The Night Market attracted approximately 850 attendees. The Brock High School’s Youth Hub was a new collaboration with the Durham District School Board and four other community partners, with the goal of enhancing youth services and engagement. TNDF participated in this effort, contributing time and staff resources, including coordinating 19 youth sessions on various topics.

Each community development initiative is a step ahead as we grow forward as a community.



Commons Farm Produce Stand at October’s Night Market



3,648
people
served
at Comm. Lunches

612
participants
in cooking
classes

1,162
processed
meals
for Pantry
satellites

1,020
lunches
supplied to
local schools

Community Kitchen



We believe that access to good food is just the beginning. Enhancing people's food competency and sharing this knowledge is the purpose of our Community Kitchen program. On a regular basis, participants engage in our community kitchen learning activities. This objective of this program is to help community members feel more food secure, as they learn to eat healthier and realize the importance of supporting local good food.

In 2019, the Community Kitchen program implemented 88 in-house sessions which included 50 community lunches, 10 dining/preserving/baking food clubs, 11 workshops and Night Market cooking sessions, 10 kitchen workshops involving children and youth, including children at Sunderland Public School. In summary, 612 people (adults and children) participated in kitchen activities and sessions in 2019, including 37 people with varying abilities.

“Over the past few years, I have participated in the ‘What’s Cooking Workshop’ and the community lunches. We are very fortunate to have chef Edna - she is an asset to this community.”

Workshop Participant

Reflecting our commitment to lessen food waste, our food preserving sessions prepared 1,162 single and family meals, using gleaned food that is often relegated to waste. In 2019, our Community Lunches served 3,648 meals, 68% more than in 2018. Our Community Kitchen staff prepared 4,088 meals for various collaborative community events, including Brock's Big Bite, Haunted Trails, Night Market, Canada Day, and other events such as the 'Dine for a Cause' Gala Dinners. The Community Kitchen also supported the Student Nutrition Program by preparing lunches and healthy snacks for local schools. TNDF closed the year off with a collaboration with Community Care Durham – Meals on Wheels – where we prepared 229 meals. All of this is an example of how our program has been evolving and growing forward.

Food Access



Fully aligned with our Foundation's core work, the Food Access Program enhances local food security by providing food insecure residents with access to good food; fresh, affordable, nutritious, and seasonal – 'FANS' food. The goal is to assist the community to become more food secure and resilient by providing services and partnerships that improve local access to good food.

The Good Food Box, delivered during the third week of each month, provides an affordable basket with 10 items of fresh produce, some grown at the Common Farm in Cannington. Baskets of FANS produce can be purchased and/or purchased and donated to local families who otherwise could not afford it. Each basket comes with recipes customized to the produce in that month's Good Food Box, allowing recipients to use and fully enjoy the fresh vegetables.

"The Nourish Hub was there for me when I was at a particularly low point in my life, the staff provided me with assistance with no judgment or demands and I can't thank those at the Food Pantry enough."

Food Pantry Client

The Food Pantry and its satellite locations grew in 2019, assisting more individuals, families and seniors in need, providing emergency food through 1,205 visits, benefiting 270 people. It is important to note that 38% of the people supported through the Food Access Program were children. The estimated value of the emergency food distributed by TNDF in 2019 was \$125,198, a 40% increase over 2018.

In 2019, our Food Access program began a transition to improve the service experience for families who visit the Food Pantry each week. Beginning in 2020, services will be located at Nourish House, located at 38 Cameron St. East (next to the Nourish Community Hub). At this new, marketplace-style Food Pantry, each person will get a basket and shop for the products and food they prefer to eat, providing choice and a more dignified experience. Come visit our new Food Pantry location, at the corner of Cameron St. East and York St, and experience the difference our new service model is making.

\$125,198
value of
Pantry Food
distributed

646
satellite food order
deliveries

77%
of 601
Good Food Boxes
sponsored

1,205
visits
to the
Food
Pantry



TNDF Staff and Volunteers Packing the Monthly Good Food Box (DEC 2019)

What's New - Programs and Services

As we grow forward, TNDF has renewed its commitment to deliver additional essential services and to expand outreach to the community. In 2020, TNDF will launch a Social Supports Program, focused on helping community members connect with valuable resources and support. TNDF will also dedicate efforts to establish a Women's Services Program, including the development of a Women's Shelter in early 2022.



The Social Supports Program may include services such as; assessing needs – both basic and complex; providing brief solution focused counselling; providing referrals to other organizations and specialized supports (Family Services, income support, housing and eviction prevention, employment supports, etc.). In addition, Social Supports programming will provide individual and group activities and events to enhance social inclusion.

Social Supports



This program allows The Nourish and Develop Foundation to further support members of the community by improving community connections and facilitating access to social support networks. The program's goal will be to work with clients, facilitating assistance in the areas of housing, income, food, and wellness, providing warm transfers and referrals, as connecting to the appropriate resources can be complicated and difficult to navigate.

This program will act as a catalyst to change, connecting people through referrals to relevant organizations and developing solutions by drawing on members' strengths. Our focus is on the overall well-being of the individual and/or their families, serving and supporting them on their journeys forward. These services, as well as Drop-In sessions will be available at our new 38 Cameron St. West location.

Women's Services



Women's Services is a division of The Nourish and Develop Foundation dedicated to providing services and support for women experiencing poverty, abuse, and mental health issues. Currently, we provide basic emergency supplies such as food and clothing, as well as referrals to emergency services and counselling. Women's Services is working in partnership with other service organizations to raise awareness and provide programming related to the prevention of violence against women.

We are in the process of developing an emergency violence against women shelter called Cedar Haven, which will serve the Townships of Brock, Scugog and Uxbridge and is scheduled to open in January 2022.



29 Active

Volunteers
completed
2,787
volunteer hours



Edna and our volunteer, Jenn, with Joanne

“ I have been here for five years now and look forward to the time that I spend volunteering. I joined The Nourish and Develop Foundation support system so that I could take some time to do something for me while increasing my social interaction. It is exciting to be a part of something that is so impacting on our community. ”
Food Pantry Volunteer

Volunteer Program

From the beginning, TNDF has relied on volunteers who have worked side by side with our program staff. Whether helping in the Food Pantry or cooking in the kitchen, our volunteers are the community pillars that sustain TNDF's work. In 2019, 21 active volunteers contributed over 2,787 hours of their valuable time.

For some, volunteering provides an opportunity to give back. For others, it allows them to remain active, especially in retirement. Volunteering is also a way to meet others or to gain valuable work experience. Although volunteers come to us for many different reasons, they stay because they enjoy the socialization and interaction and because the benefits of their efforts are seen in the community.

“ The Hub has given me so many opportunities to meet people and participate in many different activities and learning courses. I have yet to find a more welcoming place in the community for every age and interest. ”
Hub Volunteer Instructor

If you are interested in joining our Nourish Volunteer Team, contact TNDF for more information. As a volunteer, you can help to collect the food from local farmers' post-harvest with our Gleaning Project, or deliver food donations. You can help with workshops for children or youth, or you can help with meal preparation in the community kitchen, the opportunities are numerous. If you are an organization or business hoping to bring your crew as part of a team-building exercise, please contact us for more information.

A heart felt thank you to all TNDF volunteers. We couldn't do it without you!



Contributions & Collaborations

We Received

TNDF expresses its sincere appreciation to those whose generosity made our work possible. Your generous financial contributions supported our programs and services. Canada Protection Plan – CPP – is our Foundation’s corporate benefactor, contributing over 80% of our funding needs. CPP’s support is instrumental in enabling TNDF to carry out its work in the community.

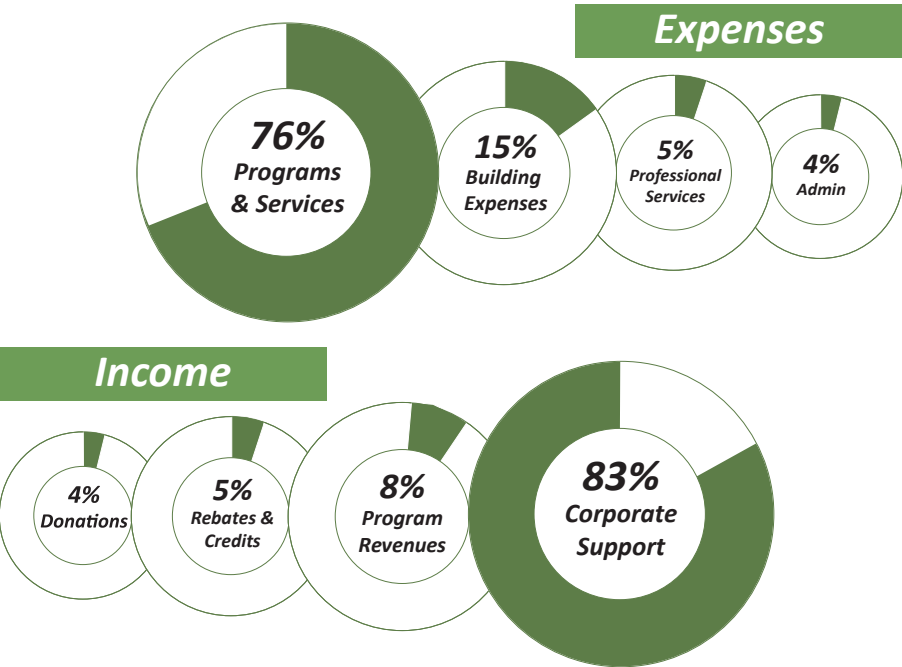


We would also like to thank 61 local individuals and 8 corporations for their financial contributions, all those who attended our fundraising dinners, participated in our pay-what-you-can events, and those who wrote cheques in appreciation of our efforts. You have made our team feel supported as we work together to grow our community forward.

We Provided

Although, the core of TNDF’s contributions in the local community are through its programs and services and the provision of public space at the Nourish Community Hub, each year we support local service organizations and community groups with sponsorships and/or memberships. We also promote a ‘shop local’ approach to support area businesses, farms and local economic initiatives. Some of the organizations that benefited from our support in 2019 were: Inn From The Cold in Newmarket, Women’s Resource Centre in Lindsay, Sandgate Women’s Shelter in Georgina, the Cannington Horticultural Society, Building Youth Capacity, Holy Grounds Café, and the Thrift Hub.

Thank you to all who gave or received from us, these collaborations allow all of us to keep growing.

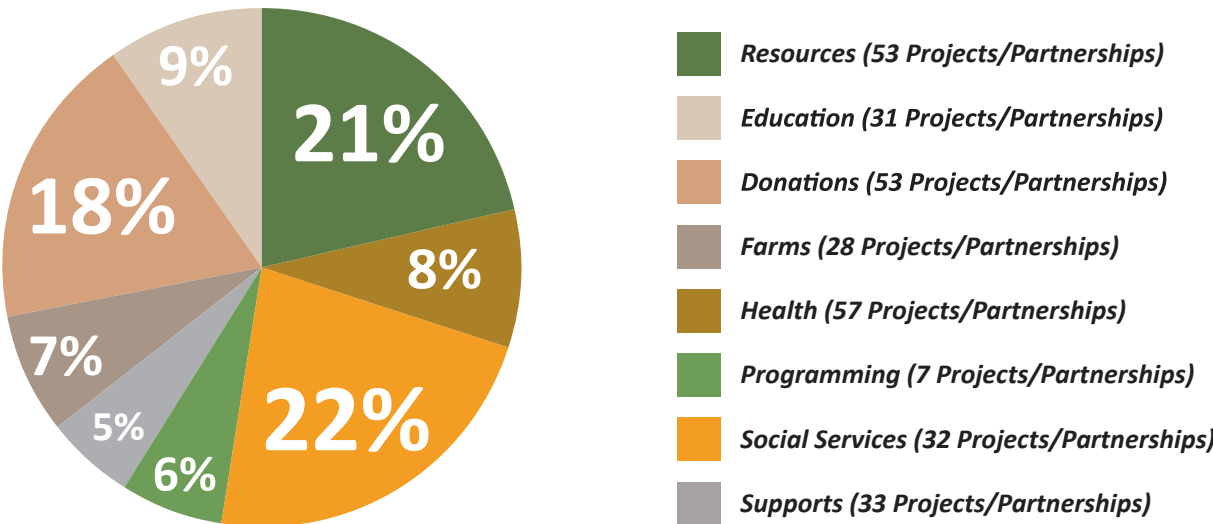


We Collaborated

Collaboration is the heart of TNDF, not just because “together it’s possible” but because as a result of collaborations we all win; making efforts more successful, and outcomes more sustainable.

Collaborations are a cornerstone of our activities, and each year we seek and established hundreds of collaborations with dozens of local organizations, institutions, businesses, and volunteer groups. In 2019, we collaborated with 93 partners in 294 local initiatives that strengthened our community efforts, allowing all of us to grow.

The graphic below shows our collaborative efforts in 2019:



We Are Members Of



Our Leadership Team

Board of Directors

Behind The Nourish and Develop Foundation, a non-profit, charitable organization, is David Slabodkin and his family, Jennifer Hayter, Max Fine and Jake Fine, who form TNDF's dedicated Board of Directors. As well, The Slabodkin Family Trust supports other local initiatives, including the Thrift Hub, Holy Grounds Café and the Common's Farm.

David Slabodkin | david@tndf.ca | Board Chair

Jennifer Hayter | Board Secretary

Max Fine | Member at Large

Jake Fine | Member at Large

TNDF Staff

Doing the groundwork, the Director of Operations, Cesar Caneo leads a team of enthusiastic, competent, and dedicated staff who deliver the services that TNDF offers in the community. The commitment of the Board of Directors, staff, volunteers, donors, and community partners made 2019 a year of Growing Forward!

Cesar Caneo | ccaneo@tndf.ca
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Women's Services Coordinator

We live in a society obsessed with material growth, a concept that is often confused with the idea of progress. Most living organisms including trees and human beings, grow physically to a certain point and stop, but continue to develop. Growing Forward reflects this paradox. We should not attempt to keep growing but rather focus on developing to be and to serve better, to gain a greater appreciation for people, and to truly understand the causes behind the problems we are trying to resolve. We should advocate for the transformation of a system that affects and harms millions, generating poverty and fueling climate change. We find ourselves at the threshold of a new era, when some want to erect walls, we should build bridges and come together with many to generate social change. Change is not only possible but necessary...allowing us to continue **Growing Forward.**

Cesar at the Climate Change Demonstration in Cannington (SEPT 2019)



First Row L to R: Mackenzie Devlin, Edna Smith, Rebecca Jeschke, Sherry Macdonald
Second Row L to R: Katerina Alexakis, Johanne St. Louis, Ashleigh Harrison, Jessica Collins, Joanne Paquin, Arielle Bruce

The Nourish and Develop Foundation

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