

Welcoming Change

... We Shop Brock!



2020

ANNUAL REPORT



Team Message - Welcoming Change



Staff & volunteers at Dash & Dine

The only constant in life is change, and like the rest of the world, we went through a lot of it in 2020. For The Nourish and Develop Foundation (TNDF), change began at the beginning of the year when our director of 10 years, Cesar Caneo, moved on to climb new mountains.

TNDF faced an immediate need to adapt operations and programs in order to meet evolving needs for support within our community while prioritizing the safety of our staff and participants.

“The secret of change is to focus all of your energy not on fighting the old, but on building the new.” - Socrates

Fortunately, TNDF staff are highly capable and creative problem solvers. Everyone took a deep breath in, rolled up their sleeves, and said, “I am welcoming the change I can control, and these changes will meet the needs of our community.” With no director and minimal central leadership, staff took initiative, applied their program knowledge, and changed what services could meet new health and safety standards. During weekly online meetings, TNDF staff worked together to make what were sometimes difficult but necessary decisions; unfortunately some of our programs came to a full stop. However, the combination of individual initiative and mutual support allowed for many of TNDF’s programs to successfully transition and continue. Nevertheless, we wanted to change even more.

As it became clear COVID-19 was not going to be a short-term problem, we took the opportunity to step back and reflect. Internally, we posed the questions: in addition to providing food, what is our most important role in the community now? How can we be steadfast leaders that help our stakeholders through this crisis? Can we spread hope, empathy, and appreciation in a crisis that seems to promote fear, blame, and anger? Can we foster a sense of community and togetherness in a situation that demands physical isolation? How can we change our services to rise to the occasion?



Nourish House Food Bank

Now, in 2021, we can honestly say that adapting to the challenges of 2020 has made us better than ever. This annual report highlights some of the adaptations we had to make, and what change is still ongoing. We have so much to celebrate and look forward to in 2021. Some of our most exciting upcoming programs include expanding our Women's Services to support women and their children dealing with gender-based violence and launching a Mobile Food Market to support our community's access to affordable, healthy food. We are so fortunate to have a supportive community and look forward to seeing everyone in person again soon!

Jennifer Hayter

Board Secretary and Acting Director





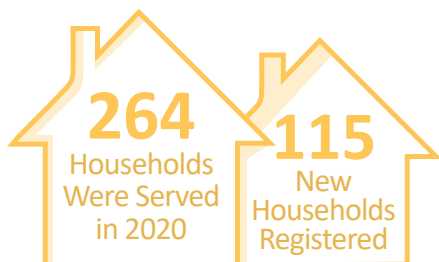
Food Access



Chef Joanne packing meals for our food bank freezer

The Food Access Program at TNDF promotes food security by making nutritious and locally sourced foods available to all. We do so through our food bank and by working with community partners to offer healthy food to local schools, libraries, and events. When uncertain times limited accessibility, we pivoted to ensure that all members of our community had access to good food when they needed it.

In the fall of 2020, TNDF welcomed a new staff member, Melissa, as Food Access Coordinator while Arielle took time off to grow her family. Their combined efforts led to the launch of our new food bank location – Nourish House. With this new ‘shopping’ model, food bank visitors can browse our shelves, choose from our stock, and fill their cart to ensure they are receiving the products they want in the quantities they need.



Our adaptations to COVID-19 restrictions included changing our food bank services to contactless pick-ups when necessary, enhancing our cleaning regimens, and making the registration process easier. In response to community needs, we increased the standard 5-day supply of food to a 14-day supply to accommodate those in self-isolation or limiting their community exposure.

In 2020, we partnered with Brock Community Health Centre and St. Paul's Anglican Church to support Seasonal Agricultural Workers' access to healthy and culturally appropriate foods. This partnership provided 76 individuals with fresh produce, meals, and non-perishable goods.

***"Thank you so much for the food we are receiving. It helps us a lot with what we need right now. Please pass my appreciation to the people providing this and the church for making this possible."** - Seasonal Agricultural Worker*

After a brief intermission in March and April, our monthly Good Food Box service returned to provide a selection of locally grown, fresh produce to more participants at a reduced or subsidized rate. With the support of local farms, businesses, community members, and funders, the Food Access Program was able to source and distribute more food than ever before!

For TNDF's Food Access Program, 2020 taught us to welcome the changes that allowed us to accept donations and continue to service our community. We are thankful for the teamwork, support, and perseverance from our staff and community partners that made it all possible.



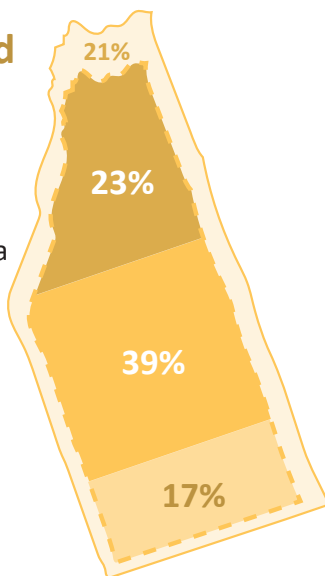


Food Access Continued

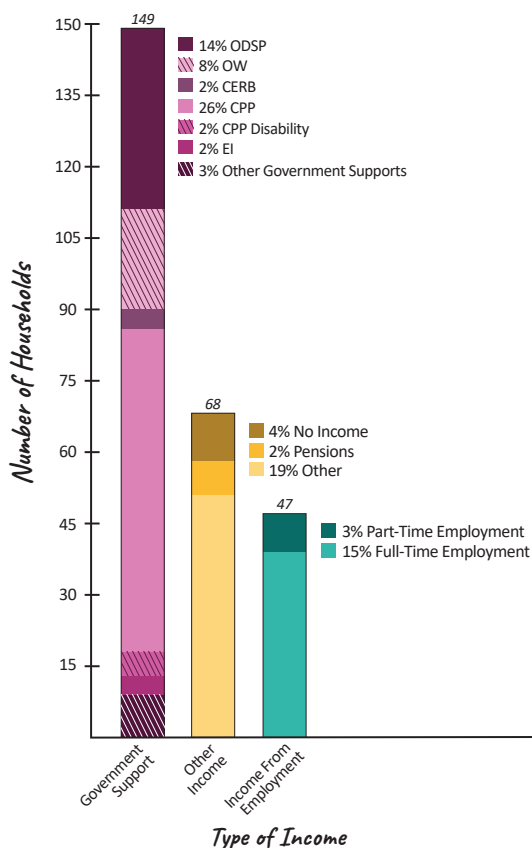
264 Households Serviced In Brock Township

- 23% Located in Beaverton
- 39% Located in Cannington
- 17% Located in Sunderland
- 21% Located in Surrounding Area

*Surrounding area is not limited to Brock Township, or Durham Region.



Main Source of Income for Food-Insecure Households



• 18% of people coming to our food bank are employed

• 57% of people coming to our food bank are social assistance recipients

The cost of living is quickly out-pacing wages and social assistance rates, which means people may be choosing between paying bills and buying groceries. While TNDF provides immediate relief by providing immediate access to food, sustainable systemic solutions are needed to ensure everyone can access safe and nutritious food not only now, but for their entire future.



Women's Services

Women's Services at TNDF is dedicated to supporting people who identify as women and are experiencing abuse, poverty, mental health issues, and/or violence. We recognize that the financial stress that lends itself to food insecurity can also contribute to intimate partner violence and prevent women from leaving unsafe situation. By bringing Women's Services to North Durham, TNDF can address the need to support women and their children facing gender-based violence.

To improve access to local services, TNDF purchased a new location for Women's Services with big plans in mind! Construction is expected to begin in the fall of 2021 to include shelter beds and additional supports. In the meantime, Women's Services will continue to provide emergency supplies and referrals to emergency services and counselling.



"I've always been one to believe that women should be able to access services in their own community."

- Sandra McCormack, Executive Director, The Denise House

In 2020, we formed relationships with shelters including Cornerstone, Sandgate Shelter, Transition House, and Women's Resources to share information and resources. We also partnered with Durham College First Peoples Indigenous Centre on the REDress campaign to raise awareness and honour those who have been touched by the ongoing crisis of missing and murdered Indigenous women, girls, and two spirit people in Canada.

With every connection made in 2020, we learned more about how to best serve women in North Durham. TNDF's Women's Services will allow them to access support and safe shelter without leaving their communities where they may work or have children in school. In doing so, we will work towards our goal of preventing violence against women, raising awareness of gender-based violence, and supporting everyone affected by all forms of abuse.



Community Kitchen



Chefs Joanne and Edna prepare our Dine for a Cause Gala (Jan. 2020)

Our Community Kitchen Program serves many purposes, such as promoting a sustainable food system by using produce from local famers to feed community members through our programs, to increasing food literacy in people of all ages and abilities by offering learning opportunities and tools. Unfortunately, restrictions radically changed the daily operations of our Community Kitchen, especially the community aspect. We could no longer directly interact with the public through our Community Lunches and cooking classes due to safety concerns and limitations.

Approximately
1760
Meals
Served through
Comm. Lunch & Meals On Wheels

Luckily, in January, before our first COVID-19 state of emergency, we were able to host our Dine for a Cause Gala, a fine-dining 4-course meal event to fundraise for selected programs. We reached our goal to help the local student nutrition program become self-sufficient and worked with Community Living to offer weekly adult baking classes. We encouraged food literacy by creating online cooking lessons and sharing recipes on social media forums.

Delivered
140
Lunches
to the
School

With Brock Libraries, we created Grow a Reader, an online workshop that combined gardening crafts, cooking lessons, and children's books. Our new partnership with Community Care Durham's Meals on Wheels program brought our food to even more people, especially during the holidays!



"Wow! The 3 of us who had the lunch today just loved it. The lasagna was the best we have ever had. Thank you for such a delicious lunch." - Meals on Wheels Participant

On-site, our Community Kitchen has been hard at work processing and preserving food that comes in from donations and our partner farms. Our chefs have been stocking up the freezer with healthy, home-made meals for the ease and benefit of our clients. From smoothie and stir-fry packs to butter chicken to soups of all kinds to supply our food bank.



2020 proved more than ever that food brings us together. Even though we missed interacting physically, we were encouraged to see our online workshops becoming a social event for people to learn new recipes and share stories while being apart. As a result, we welcomed the change that made connecting through food possible.



Community Development



Kylie, Zoe, and Katerina, with Courtney-Anne at Nourish House's Native Plant Garden

The Community Development Program at TNDF aims to meet the needs of the community by creating opportunities and programs that educate and unite participants. For us, 2020 started with growth as Kylie joined as an assistant, Zoe was welcomed as Community Development Coordinator, and Rebecca became Community Development Manager. These changes enable Rebecca to collect community research and address policy and advocacy, while Zoe focuses on local food security projects.



Locally, participants can join TNDF's community garden, deposit seeds into our Seed Library, have fun and learn in our book club, or be supported in developing their own community initiative. While COVID meant we couldn't facilitate some of our regular programming, like our Night Market, and Youth Hub at Brock High School, it offered us an opportunity to create new ones. We began by distributing



Seed Kits to our community. Each kit included gardening resources and access to the gardening hotline operated by Brock Libraries. These kits were available free of charge, so that every recipient felt capable and supported in growing their own food and flowers.

“Last year, the kids and I planned a garden for the first time. We were gifted some seeds from Nourish that grew beautifully, and we were very proud and grateful for what we were able to grow and eat. We learned a lot and had a lot of fun working the gardens together.” - Seed Kit Recipient

Replacing our Night Market with Dash & Dine offered people a way to socially connect while physically distance. Over eight outdoor events, community members were able to join the queue, listen to live music, and exchange donations for fresh, local produce and chef-made meals. Holiday markets were also a part of the series and were distinguished by decorated trail games and festivities!



Through events like Table Talk and Chair Yoga, to collaborations with Brock Libraries and Community Living, we were able to bring our community learning workshops online. This created an opportunity to share and enjoy a variety of live educational workshops to a diverse audience, from the comfort and safety of their own home.



Community Development Cont'd

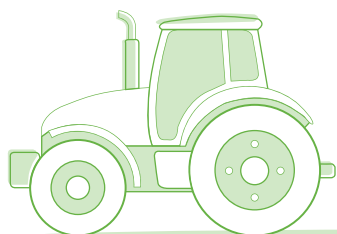


Mackenzie and Rebecca prepare for our holiday-themed Dash & Dine



From a local to national level, TNDF welcomes change toward a more just and sustainable food system. For that reason, the Community Development Program has started to address how policies at different levels can reduce food insecurity.

In 2020, this meant supporting local initiatives, being accepted into the Durham Food Policy Council, and joining provincial or national campaigns to ensure everyone can afford to eat nutritious food. For example, TNDF and our community garden members worked with efforts across provinces to successfully petition for community gardens to be recognized as an essential service. We welcomed the changes that made outdoor growing spaces safe and available to people growing their own food.



9530.15 lbs
of Produce Was
Donated From Local Farms

At a local level, TNDF safely met with community members to listen and learn about community needs and interests. These surveys have and will continue to inform TNDF's services. When interest in gardening with native plant species was brought to our attention, we worked with local businesses Summerlong Gardens and The Wild Garden to install a native plant garden at TNDF's Nourish House. The result of their investment of time, resources, and passion is now publicly showcased and serves as an example of how local lawns can be built into sustainable habitats.



Pet Pantry located in Nourish House Food Bank

Community needs also informed the development of our Pet Pantry, a featured space in our food bank where pet owners can pick up pet food, coupons, and resources that make caring for pets more affordable. Kylie has led this project with enthusiasm, and we are keen to see her passion for animal welfare help meet the needs of the community.

When creating opportunities for program participants to learn and act together, we listen and build off their feedback to meet the community's unique needs. In 2020, we welcomed new staff, new initiatives, and the changes that allowed us to work toward lasting community solutions.



Social Supports



Mackenzie in our Drop-In meeting space.

The Social Supports Program at TNDF offers tangible, informational, and emotional supports to participating individuals. Working one-on-one, our social worker provides access to mental health, employment, and affordable housing services through partnered organizations. In doing so, TNDF helps alleviate personal hardships that contribute to the cycle of food insecurity and call for broader policy changes that could prevent it.



Our primary engagement with the community was through our drop-in service, where people could access a safe and interactive healing space. Unfortunately, we had to halt this service due to COVID-19, so our Social Supports Coordinator, Mackenzie, rose to the challenge. By launching our #MentalHealthMonday blog, we were able to connect with people in a whole new way. Ranging from topics such as good mood food to ways to cope with seasonal and persistent mood

disorders, we brought awareness and built community around mental health education. We also welcomed a team of registered psychotherapists as partners to offer therapy to local community members.



In 2020, TNDF joined the North Durham Social Development Council as an Executive Committee Member, partnered with Community Justice Alternatives to establish a mediation roster in North Durham, and participated in Health, Homelessness, and Housing (H3) Committee's North Durham Working Group to bring and create new programs, opportunities, and organizations to our community.

"I have never been one to ask for help because of feeling judged, but with the wonderful people/staff at TNDF I have never felt so encouraged, happy, and thankful, every experience with the TNDF is a wonderful one..so

THANK YOU" - Program Participant



The positive changes we welcomed in 2020 have inspired the Social Supports Program to keep growing. We are working towards strengthening our presence in Sunderland and Beaverton and reinventing our drop-in service to include planned recreational activities and informational sessions. In 2021, a Keep In Touch service will be implemented to start friendly

conversations between program participants and TNDF staff or volunteers. We have welcomed the change that has made these new programs possible and allowed us to continue offering support to our community members.



Nourish Hub



Kylie and volunteer serving to-go meals at Dash & Dine

Our Nourish Hub is all about teamwork. With community partners, we provide and facilitate training sessions covering topics such as Food Handling, SMART Serve, First Aid, Babysitting, and Stay Safe certification and more. We offer the use of our meeting spaces, workstations, and commercial kitchen to foster new projects, build on each other's strengths, and create a collaborative space for community to gather.

Along with the rest of the world, we went through major changes. As Jessica took time off to grow her family, Katerina transitioned into her role after Ashleigh returned as Creative Media Coordinator. To ensure the safety of our staff, volunteers, and community members, we had to pause our usual programming, like hosting our Community Lunches, Durham College's Essential Skills courses, and our Dine for a Cause Galas, to prioritize community food access in a time of grocery shortages and job insecurity. Although we had to limit public access to our building early this year, our phones, emails, and social media remained active and extremely busy.





With the help of Thinktium Inc streamlining TNDF's systems, Nourish Hub is currently developing virtual workshops, opportunities to socialize, and skill-building training. While virtual modifications cannot replace face-to-face interactions, we were met with enthusiasm as we grew #TNDFFromHome. We successfully oversaw a summer student program, hosted a virtual fall fair, and developed take-home activity kits. We helped run Warm Tootsies, an event where community members can source winter wear at no cost. As we welcomed these new programs, we also sorely missed the co-op students and volunteers who were regularly on-site with us.

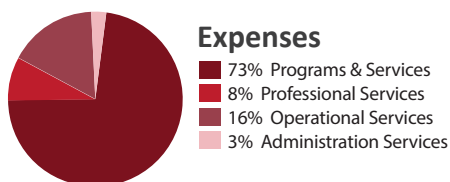
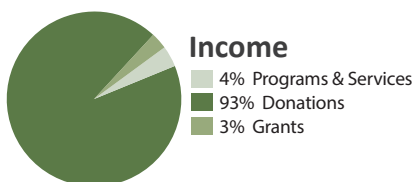
We have welcomed the change that allowed Nourish Hub to strengthen community relationships, update our operations, and reinforce our supports so that, when we can open our doors again, we will be ready to serve the local community to the best of our ability. Though we have needed to change, one thing remains the same: we are here for you, as long as we can be, however we can be .



Zoe in produce stand at Dash & Dine

Financial & Collaboration Review

The financial support from our community this year has been outstanding. Many people felt the need to support local organizations, and TNDF was the recipient of countless donations and offers of assistance. Almost 100 different individuals and organizations contributed financially to TNDF, and many more joined in our fundraising efforts or participated in our pay-what-you-can events.



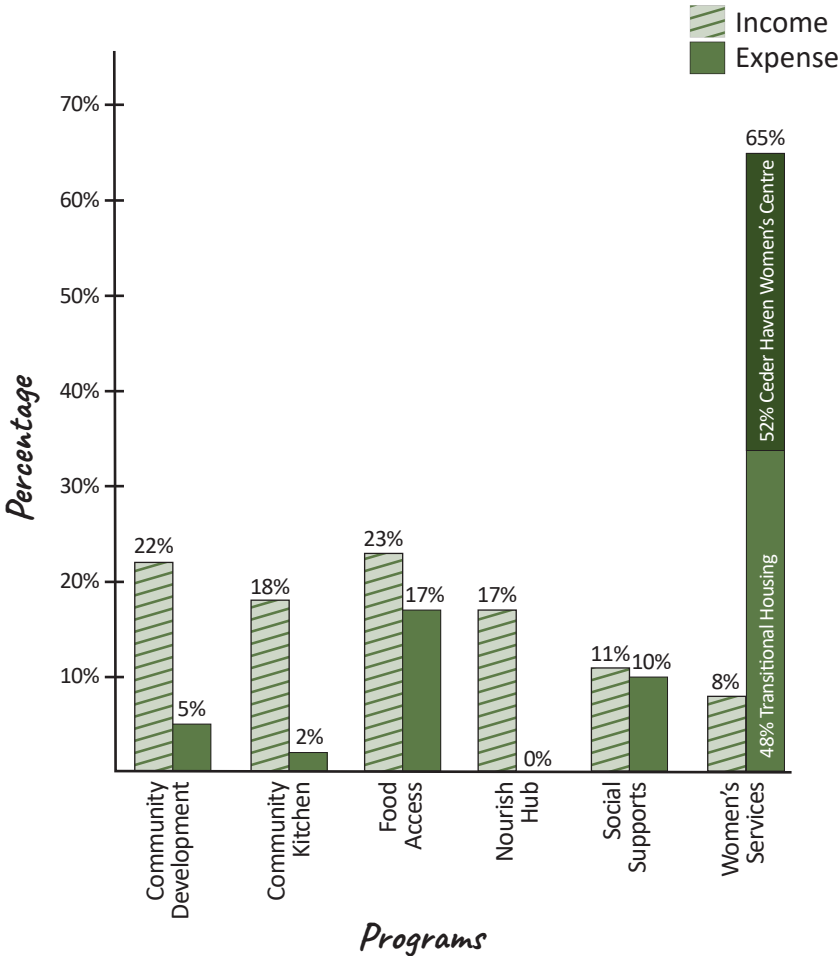
In 2020, TNDF received corporate donations from Canada Protection Plan, several significant donations from private individuals and was also fortunate to have donors make substantial long-term investments that will support our programs for many years to come. We are very grateful for any effort made to sustain our Foundation and are proud to be a part of this community. THANK YOU.



“We were pleased to work with almost 100 different partners for close to 200 different projects in 2020.”

-Sherry Macdonald, Operations Manager

2020 Program Income & Expenses

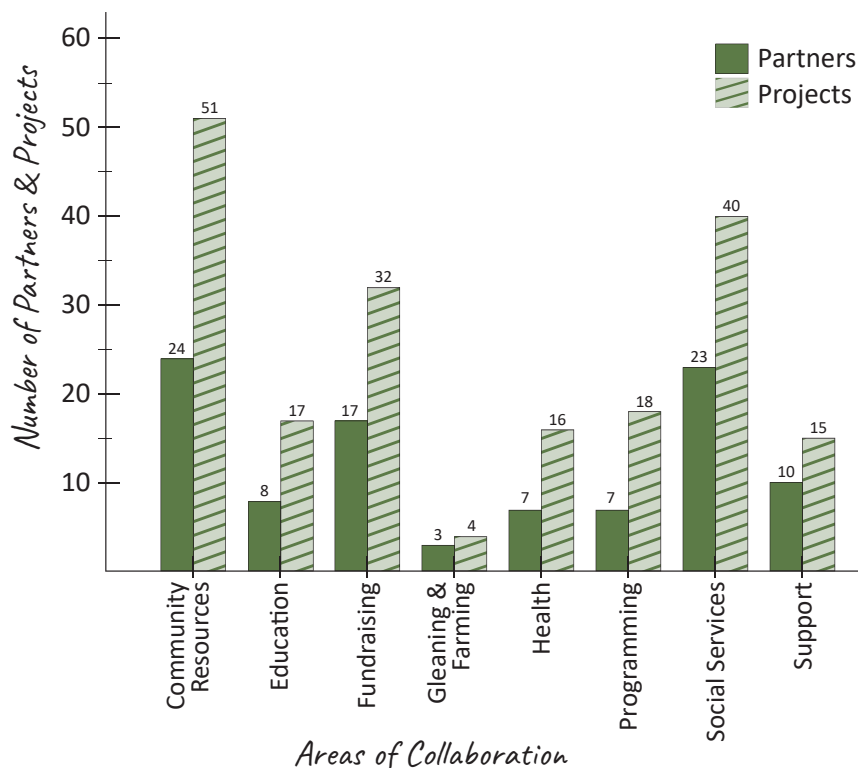


DID YOU KNOW?

We received over 17,000 lbs of produce and household items from the community in 2020

Financial & Collaboration Cont'd

2020 Collaboration of Partners & Projects



TNDF continued to provide support to many other local organizations and programs throughout 2020. By partnering with other local organizations, TNDF was not only able to advance its work but also advance the work of others so that our collective goal of meeting local needs could be pursued. Whether partnering with Community Care to have TNDF meals delivered to local homes or TNDF offering food to the Breakfast Club run by Brock Community Health Centre, together we were stronger.

The partnerships that we have formed and will continue to form in years to come will be a welcomed change. When we work together, barriers to accessing food, shelter and other essential services can be broken down while community supports are built-up.

The Future Ahead...



Mobile Food Market concept rendering

Driven by the needs of our community, TNDF has plans to increase local supports in 2021. Beginning with the launch of our Mobile Food Market, TNDF will be driving to local areas where access to healthy food is limited. We will also provide specialized resources to women in abusive situations while our women's shelter is establishing.



“Whether it is a mobile food market, a women’s shelter or another budding program, TNDF will continue to develop with others so that local needs are alleviated with local resources.” -Rebecca Jeschke, Community Development Manager

2020 has thrown us many unforeseen obstacles, but we will not lose hope for a better future. We are optimistic that our suspended programs will return safely, and while we cannot predict what 2021 will bring, our commitment to making nutritious food affordable and accessible is unchanging. Whatever the future has in store for us, we will face it - together.

Our Leadership Team

Board of Directors

The Nourish and Develop Foundation's dedicated Board of Directors is made up of David Slabodkin and his family, Jennifer Hayter, Max Fine, and Jake Fine. The Slabodkin Family Trust also supports other local initiatives, including the Thrift Hub, Holy Grounds Café, and the Commons Farm.

David Slabodkin | david@tndf.ca
Board Chair

Max Fine | **Member at Large**

Jennifer Hayter | jennifer@tndf.ca
Board Secretary & Acting Director

Jake Fine | **Member at Large**

TNDF Staff

Under the direct supervision of the Board, our committed staff works together to coordinate programs and deliver services to the community. While restrictions affected our daily work, our staff accommodated these changes by shifting staff roles internally. We are proud to have a team that is not only effective but highly adaptable. It has been an asset this year more than most.

Sherry Macdonald | sherry@tndf.ca
Operations Manager

Melissa Davis | melissa@tndf.ca
Arielle Bruce | arielle@tndf.ca
Food Access Coordinators

Edna Smith | edna@tndf.ca
Community Kitchen Coordinator

Jessica Collins | jessica@tndf.ca
Reception & Administrative Assistant

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Food Processing Coordinator

Katerina Alexakis | katerina@tndf.ca
Receptionist & Videographer

Rebecca Jeschke | rebecca@tndf.ca
Community Development Manager

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Creative Media Coordinator

Zoe Levitt | zoe@tndf.ca
Community Development Coordinator

Johanne St. Louis | jstlouis@tndf.ca
Women's Services Coordinator

Mackenzie Devlin | mackenzie@tndf.ca
Social Supports Coordinator



In loving memory of Marilyn Blair...

This year we suffered a great loss to our TNDF family. Our beloved book-keeper of 8+ years, Marilyn Blair, passed away after a courageous battle with cancer. Her absence is felt daily.



First Row (Left to Right): Sherry Macdonald, Edna Smith, Joanne Paquin, Rebecca Jeschke.
 Second Row (Left to Right): Mackenzie Devlin, Arielle Bruce, Melissa Davis, Jessica Collins.
 Third Row (Left to Right): Katerina Alexakis, Ashleigh Harrison, Zoe Levitt, Johanne St. Louis.
 Fourth Row: Kylie Kring

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