



ANNUAL REPORT 2021

Branching Out



MESSAGE FROM THE DIRECTORS



"After moving out of Brock Township a decade ago, returning in 2021 to work for TNDF felt like a sort of homecoming. However, the community looked much different than I remembered.

A combination of stagnant wages, precarious work, low social assistance rates, rising costs of living, and systemic discrimination (which have all been worsened by COVID-19) have left many community members food insecure.

As we worked to keep pace with the increasing need for support, 2021 was a year of unprecedented growth. In this annual report you will read about how we grew our team, our programs, our partnerships, and our competences in our mission to enhance local food security.

We couldn't have undertaken this growth without the support of our remarkable staff, volunteers, donors, partners, and community members."

Jessica,
Program Director



"2021 continued to be a struggle for many of us, but that did not stop us from being optimistic of a better future for all.

Our buildings may have been opened and closed and opened and closed again based on the status of COVID-19, but our services all continued and because of this our Team expanded to match the increased need of the community. Social contact and community activities have proven to be vitally important for the mental health of everyone, and that craving was evident by those who attended our virtual and outdoor events this year.

We are greatly looking forward to re-opening our premises to the public for in-person services in 2022 and anticipate participating in many of the local public events and festivals so we can reconnect face to face with you all. TNDF perseveres, as will our impact on this community."

Sherry,
Operating Director



"2021 was a year of planning and development for the new women's shelter that is currently under construction. In the past year we have purchased a new building, created the plans for a two-phase project that will see the women's shelter open as early as 2022. We are pleased to say that phase one of the shelter, which will include a three room VAW shelter facility to house women and children is now underway.

Women's Services has formed strong relationships with community partners that will benefit our clients and residents - continuing our partnership with Community Living Durham North's Community Homelessness Prevention Initiative program and to forming new partnerships that will help support vulnerable members of our community."

Johanne,
Women's Services Director



FOOD ACCESS



Nourish House food bank stocked pantry shelves.

Our Food Access team enhances local food security through our Nourish House Food Bank, Good Food Box (GFB), and meaningful partnerships with local organizations. These programs and partnerships seek to provide fresh, affordable, nutritious, and seasonal foods to our neighbours throughout Brock Township.

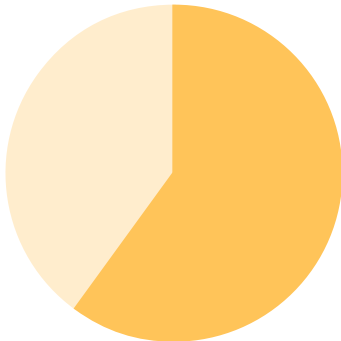
In 2021, our food access partnerships included:

- providing 54 sponsored Good Food boxes to clients of the Woodville/Eldon Food Bank.
- working with the Victoria Order of Nurses and Brock Community Health Centre to deliver food to seniors and those with physical barriers.
- giving over 180 children’s books to families accessing our food bank in partnership with Books Go Round.

Our Food Access team branched out to meet the community’s evolving needs through:

A food bank redesign

The new shopping model emphasizes our shared values of choice, dignity, and self-reliance. Clients can now use their monthly points budget to select items that best meet their family’s needs. Our selection includes a variety



New vs. existing clients

- 40% New clients
- 60% Existing clients

of dairy, protein, meat alternatives, personal hygiene items, household essentials, and pet products. Clients can choose to split their points over multiple visits and if they would like a porch pickup or indoor shopping.

Introducing hot offerings

With the lack of hot meals and warm public spaces available due to COVID-19, we introduced hot food and beverages to go at the food bank to provide warmth and nourishment when folks need it.

Enhancing our hours of operation

We added evening appointments for clients visiting us after work hours and changed days of operation to minimize gaps in access.



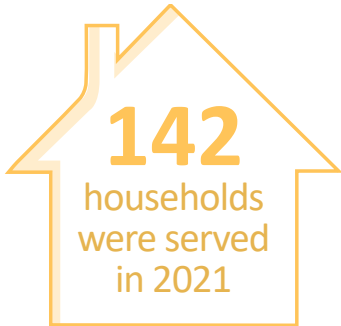
Durham Regional Police Food & Toy Drive dropping off donations.

Growing our team

To accomplish all these improvements and manage increasing numbers of clients, our Food Access team doubled in size, adding Jessica Topfer, Valerie White, and Karley Tran.

In 2022, we are looking forward to launching a new software which will allow community members to book, reschedule, and cancel their food bank appointments online. This will build self-reliance and save our team time which can be put towards improving operations.

As of January 2022, GFB will be merged into our recently launched Mobile Food Market (MFM). Through our food bank, community members needing support can access “Market Bucks” - a voucher which allows them to purchase items of their choice at MFM.



1636 visits

to our food bank were recorded in 2021



“I am of a generation wherein you made do with what you had and didn’t ask for anyone’s help. But sometimes life takes one too many turns and that way of thinking must change.

I am so grateful for the respect and friendship of the ladies at TNDF. And for never making me feel like a lesser person because of my need for the pantry service.

The new points system is very agreeable, and I’m especially pleased with the cooked and frozen meals. Edna is my hero on nutrition! The choice of goods is also very well thought out for healthy eating.

It’s also very kind to be given those Thrift shop coupons as a sweet extra.”

- Food Bank Client

COMMUNITY DEVELOPMENT



Mobile Food Market display at location.

Community Development seeks to empower, support, and collaborate with community members to share knowledge, with a focus on continuous learning, participation, and self-determination.

We do this through our:

- Mobile Food Market
- Table Talk
- Learning workshops
- Brock Youth Hub
- Advocacy initiatives and campaigns
- Seed Library
- Maple Tree Community Garden
- Dash & Dine

“It’s exciting, it’s one of the best things they’ve done. It’s a lot easier to get to and it’s nice to know they have it here. I’ve come every week so far. I buy anything and everything, whatever fancies my taste that week.”

- Community member accessing Mobile Food Market (sourced from Brock Citizen article *Fresh Food on the Move*, published Wed., Oct. 6, 2021)

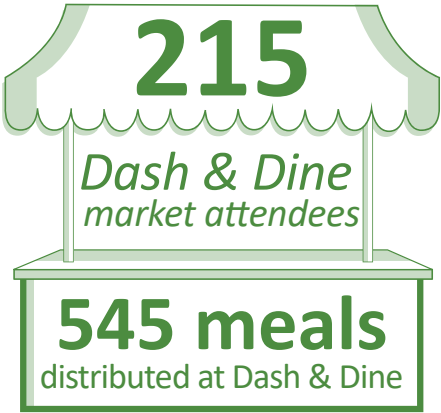
In August, we officially launched our Mobile Food Market (MFM)! Our refrigerated van sets up weekly in various locations throughout Brock Township, offering fresh local produce, meal kits, and prepared meals at affordable prices.

MFM is an innovative solution to rural food deserts (areas with no, or limited access to grocery stores) and food insecurity by making sufficient, safe, and nutritious food physically and financially accessible to community members. Since launching, MFM has received media attention and notoriety, including the 2021 Durham Region Accessibility Award for Brock Township. In order to manage the success of MFM we were very pleased to introduce Tiffany Clarke to our Community Development team in the fall.



Despite the continued challenges posed by COVID-19, our team was able to host 64 virtual workshops, including Chair Yoga, Teen Trivia, and Table Talk which covered topics such as homesteading, balcony gardening, and Indigenous seed saving.

Policy and advocacy initiatives in 2021 included meeting with and surveying all federal election candidates and the completion of phase one of the Durham Region Food Systems Report Card, a collaboration with the Durham Food Policy Council. Once complete, the report card will be used to assess the opportunities and gaps in attaining a sustainable and just regional food system!



Our Dash & Dine markets continued this year, with 5 markets over the summer and fall. We had over 215 attendees and distributed over 545 meals!

Looking to 2022, we are excited to:

- Expand MFM’s offerings, programming, and locations.
- Reintroduce the Night Market in May.
- Have Melissa Davis move into the role of Education Coordinator to boost our education programming.
- Begin transforming Maple Tree Community Garden into an accessible, dynamic, outdoor education space for the community by adding elements such as a greenhouse for year-round growing and education, and making the space wheelchair accessible.



Customers visiting the Mobile Food Market.



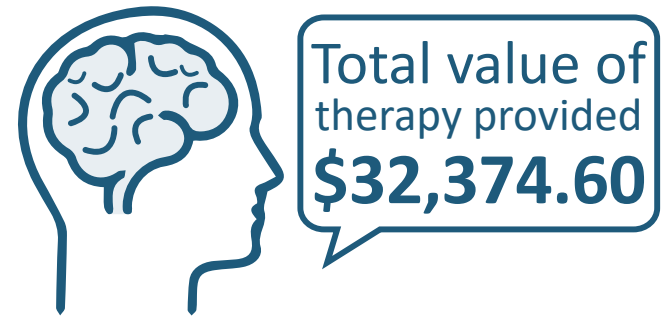
SOCIAL SUPPORT



The goal of Social Support is to make meaningful connections and support people in the areas of housing, income, budgeting, wellness, and mental health. We continue to work with people to alleviate stressors, identify goals, advocate for accessible services, and highlight individual strengths.

We do this through:

- Relationship building
- Warm referrals to additional services
- Providing material goods such as clothing and household items to community members
- Advocating for improved social supports on councils such as the North Durham Social Develop Council



In 2021, we branched out by connecting with PFLAG Durham to receive training on how to effectively work with the 2SLGBTQIA community and learned how to administer harm reduction supplies from the AIDS Committee of Durham. The Community Development Council Durham invited us to take part in the Point In Time Count survey to help understand our homeless population and their current needs in order to improve services. We expanded our outreach through programs such as Mobile Food Market, Dash & Dine, and Chair Yoga.



Our weekly Mental Health Monday blogs ignited a dialogue for psycho-education and social connectivity. We discussed topics including eating disorders, setting healthy boundaries, and bullying.



Staff collecting purses for the annual Fill a Purse for a Sister campaign.

“I would like to take this opportunity to thank you and all the staff at The Nourish and Develop Foundation for not only supplying persons like myself with nutritional food that results in a healthier neighbourhood but also a vital link in a caring community.

Though the stories of all of the people who use The Nourish and Develop Foundation are all different you and all the staff provide a warm welcoming and caring atmosphere for all.

During the ongoing pandemic, despite the added difficulties and stressors it brought, the staff at The Nourish and Develop Foundation have kept all of us who benefit from your services healthy and safe while also providing a connection to our community alleviating the feelings of isolation and showing us the best of caring and sharing community.

Thank you will never be enough!”

- Social Support Client

We officially have shower and laundry facilities which are available by appointment for community members in emergency situations.

While virtual connections have been helpful over the last two years, in 2022 we look forward to in person conversations. We will launch our Drop-In program as soon as it is safe to do so. This program will provide a warm and comfortable setting where clients can access a meal, a computer or printer, or additional services, and share a conversation or social connection.



COMMUNITY KITCHEN



Salad packed for Meals on Wheels lunch program.

Our Community Kitchen prepares meals for distribution, provides cooking classes to improve food literacy and skills, and processes food to eliminate food waste.

Our ongoing Community Kitchen programs and partnerships include:

- Meals on Wheels (MOW) with Community Care
- Baking Club with Community Living
- Seasonal Agricultural Workers (SAW) partnership
- Pantry Clips video tutorials

Education around food is a priority for our Community Kitchen, and in 2021 we facilitated 49 virtual cooking and baking classes! Given that we were unable to open our doors to in person programming, this was our way of branching out to continue building food skills and knowledge while also relieving social isolation.



In 2021, our Pantry Clips video tutorials were turned into meal kits and made available at Mobile Food Market (MFM) and the Nourish House Food Bank. They are a great way for anyone in the community to try creative cooking with common non-perishable food items.

Our Seasonal Agricultural Worker (SAW) collaboration with the Durham Region Migrant Workers Network, Brock Community Health Centre, and St. Paul’s Anglican Church Beaverton provided culturally appropriate hot meals to 77 migrant workers once a month to show our thanks and support for their hard work.



We prepared 6,896 meals including lasagna, burritos, butter chicken, and souvlaki for distribution through community food events, Meals on Wheels, the MFM, and the Nourish House Food Bank. Without our community lunches, increasing the output of meals through other programming and partnerships was our way of staying connected with and nourishing our community.

In 2022, we look forward to welcoming the community back into our building as we safely reintroduce our community lunches and other community food events. We will also be expanding our production of value-added items such as jams, chutneys, pickled and canned items. We are even developing our own signature TNDF spice blend! Many of these items will be sold at MFM and other community food events.



Community Kitchen preserving pickles for our programs.



Community Kitchen staff preparing food for meal programs.

“Edna has inspired my love for cooking. She has taught me new and innovative ways to explore making nutritious and delicious meals for my family. She has given me confidence to experiment and substitute in recipes. Thanks to her support I now cook more frequently at home.”


- Cooking class participant

WOMEN’S SERVICES




Women’s Services is dedicated to providing support for those who identify as women experiencing poverty, abuse, violence, and mental health issues. Currently we provide emergency supplies such as food and clothing, as well as referrals to legal services, housing services, emergency services, and counselling.

In 2021, TNDF purchased a building with an adjacent lot for the development of our women’s shelter, the Cedar Haven Women’s Centre. Hilditch Architect Inc designed the renovations and the addition for what will be a pet-friendly, 8-bedroom shelter with capacity for 12 residents. Our approach to care at Cedar Haven is barrier reduced, trauma informed, and specific to the needs of rural women.



7 adults & 11 children housed through transitional housing



On average every 6 days a women is killed by her intimate partner in Canada

according to a Durham Regional Police Services (DRPS) statement

2021 focused on awareness raising, outreach, and partnerships with regional and municipal governments.

Branching out was done through deputations to Uxbridge, Scugog, and Brock Townships, connections with local emergency and social services, and relationships with organizations such as:

- The Region of Durham
- Women’s Resources
- The Denise House
- Durham Region Police Services North Division
- Luke’s Place
- Community Living Durham North

As of December 2021, our Transitional Housing Program in partnership with Trinity United Church is providing affordable housing for two families. In addition to this partnership, TNDF independently operates a third transitional housing unit which currently houses one other program participant. This program has been created to assist community members in transitioning to permanent housing within a one-year period. We provide additional housing services for our clients through our recent partnership with Community Homelessness Prevention Initiative (CHPI) through Community Living Durham North.

“TNDF Women’s Services is amazing! I don’t know what I would have done without the program. The staff are supportive and understanding during a difficult time of transition.”

- Transitional Housing Client



We continued our participation in Warm Tootsies, an annual program that provides free winter clothing to children and families in Brock Township. In 2021, more than 180 children and youth in Brock township received winter clothing and boots!

In 2022 we will complete renovations on the existing building and open phase 1 of our shelter, with a 3-bedroom residence that will house 3 women and their children. Programming reflecting the needs of the residents will provide wraparound services. In phase 2, TNDF will begin construction on the addition that will expand our Cedar Haven to a 12-bed shelter. We will continue our focus on the prevention of violence against women, raising awareness and providing services and support to those who are affected by all forms of violence and abuse.



Staff participating in the Ride for Refuge fundraising campaign.



Ride for Refuge fundraising BBQ.



Sign at fundraising BBQ.

STORIES OF IMPACT

“My son got COVID-19 and was hospitalised for 6 weeks. Most of his bodily functions ceased.

Doctors did not know if he would live. I was allowed 1 visit and TNDF facilitated a ride to the hospital with another organization (230 km); this meant the world to me.

In the aftermath they have helped me with getting a doctor and provide a psychotherapist for my son and me. TNDF has helped to find resources for OW and helped me with housing security with referrals. During the darkest days there were food deliveries and porch visits to my home.

They run a community garden which has brought me great solace. If not for the virus I would participate in other programs that they would normally run.

Being new in town with the closures I have met no one.

When I phone, I am greeted with “How are you my friend?”. The staff are genuine, caring, and inclusive... all of them.

TNDF, I thank you... I am not alone.”

- Social Support Client

“I have a hard time getting around, so this is a big positive for me. It's great quality, everything tastes good, and it's affordable.”

- Community member accessing Mobile Food Market (sourced from Brock Citizen article Fresh Food on the Move)

“In a time of great loss the Food Bank is here for my Son and I. Due to the pandemic I lost my home, my car, and my business of 12 years. They treat me with kindness, dignity, and respect.

The ‘shopping style’ model allows us to choose food that we can actually eat. Being lifelong vegetarians, this is significant. They provide dairy and meat alternatives. The produce is often from a local farm and they have a fabulous chef who prepared frozen meals! I couldn't have survived this time without them.”

- Food Bank Client

“TNDF has given me the chance to save my life.

Without the opportunities they have provided me like an affordable house that I can safely raise my children in, access to food - including fresh produce and healthier choices which I greatly value, emergency assistance when I need it (gas cards, grocery cards or even someone to just help talk me down when my head is spinning), and giving me the chance to gain more confidence in myself and the career I have been longing to pursue. Without the support of TNDF I'm not sure where I would be. I had no other place to go with very limited resources. Thank you. I am forever grateful!”

- Ashley Irvine, Transitional Housing Tenant, Client, Women's Fitness Group Instructor

“We would like to thank you for the wonderful year of the baking club.

Your commitment and your interaction with the people we support is admirable. As a professional baker you teach your skills, share recipes and give people from our community an opportunity to grow and learn a valuable life skill. On behalf of CLDN a big thanks for your dedication to service the community.”

- Community Living Durham North

“The Nourish and Develop Foundation has been so wonderful to work with to get our Hot Meals out to our Community Care Durham Clients on Wednesdays.

Every week the meals are different and so flavourful. Our clients are so thrilled and appreciative to receive a hot meal. If it wasn't for The Nourish and Develop Foundation then this wouldn't be possible. We all thank you so much for all your support.”

- Jilliam Howsam, Service Coordinator at Community Care Durham

“Throughout COVID-19, the services were always quickly altered whenever needed to make sure everything was safe, and food was always available.

They never shied away from helping. As a person on ODSP that accesses the ‘food support’ services on a regular basis, they've have gone out of their way to give me support through illness and health. These are amazing people, that offer amazing services and are willing to help in any way that they can.”

- Food Bank Client

“The Food Bank team is always kind, helpful.

They provide non-judgmental service and you don't ever feel ashamed for needing help. They always make sure there is something for everyone in the family. Getting the Backpacks and Arts and Crafts kit for the kids was a huge help this year.”

- Food Bank Client

“I have encountered nothing but genuine kindness and support since I started visiting the hub.

My direct interaction with Melissa, Tiffany, Jessica, and Zoe has truly been a pleasure whether it be over the phone or in person. The relaxed and non-intrusive nature of the staff has been such a pleasure to experience. They are always so enthused when they get a shipment that they know I will enjoy. Some of our favorites include the fresh local produce and the ready-made soups that my children can't get enough of. Melissa has even gone as far as requesting our dietary and cultural accommodations to help diversify our shopping experience and for that I can't thank her enough.

It is always a delight to visit the hub. I have more peace of mind knowing that my family can secure a variety of healthy food that our pets enjoy as well. What is equally as important are the connections and comradery shared which has been helping us overcome challenging times and I will forever be grateful.”

- Food Bank Client

FINANCIAL

Our work would not be possible without the generosity of donors.

In 2021 we received over 200 contributions ranging from food, to seeds, to funds. Additionally, hundreds of folks attended our pay-what-you-can events and participated in 3rd party food drives and fundraisers.

Donations included a generous gift through the Give Where You Live campaign organized by Keller Williams Realty and Feed the Need Durham. We received 40 turkey dinner kits which were much appreciated by families visiting our food bank during the holidays.

“Your donation allowed us to continue to feed and strengthen our community”

Each year we support local service organizations and community groups. Some of the organizations that benefited from our support in 2021 included:

- Indian Residential School Survivors Society
- Blake Boulton Youth Services
- Coldest Night of the Year
- Family and Community Action Plan
- Woodville/Eldon Food Bank

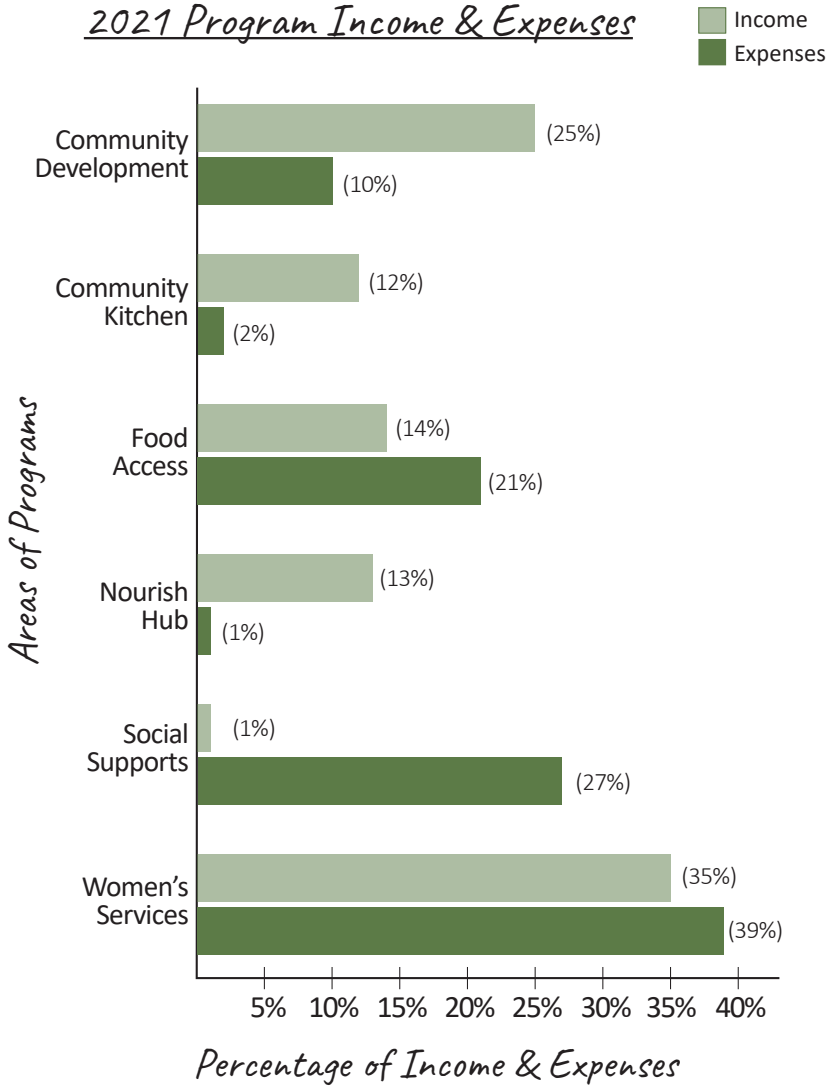


Give Where You Live campaign organized by Keller Williams.



Food Drive organized by Foodland in Cannington

2021 Program Income & Expenses

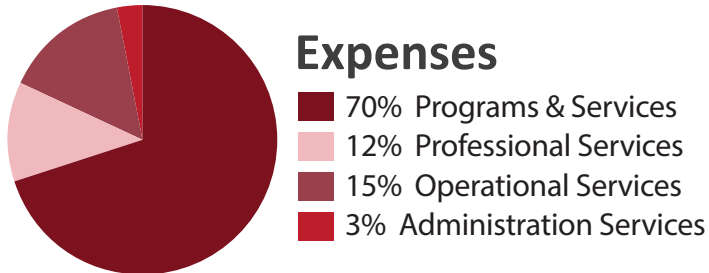
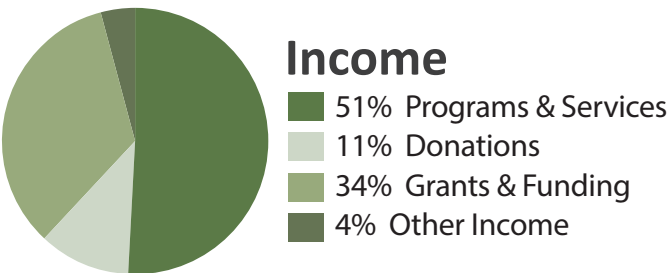


Our program income and grant income more than doubled what was acquired in 2020 in large part due to the success of the Mobile Food Market, for which we secured a substantial grant of over \$45,000 through the Government of Canada's Local Food Infrastructure Fund.

Our rising expenses in 2021 across nearly all our programs reflect the increase in demand for support from our community and rising costs for products and services necessary for our operations.

Community Kitchen and Nourish Hub were the only departments to see decreased expenses due to continued COVID-19 restrictions.

Women's Services saw the highest expenses this year as we began work on the Cedar Haven Women's Centre, which included spending on assessments, renovations, permits, and architects.



PARTNERSHIP & MEMBERSHIPS

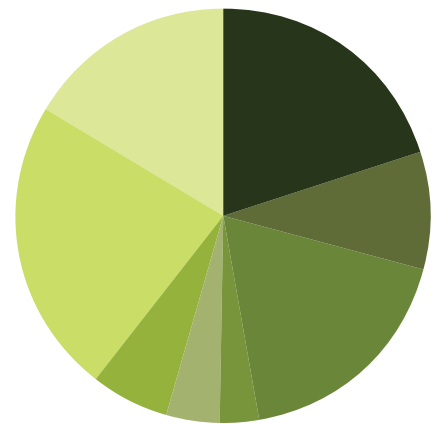
Collaborations are a vital part of our activities, and each year we established hundreds of collaborations with dozens of local organizations, institutions, businesses, and volunteer groups.

In 2021, we collaborated with 95 partners in 158 local initiatives that improved our outreach and strengthened our community efforts.

The graphics below show our collaborative efforts between partners and projects in 2021:

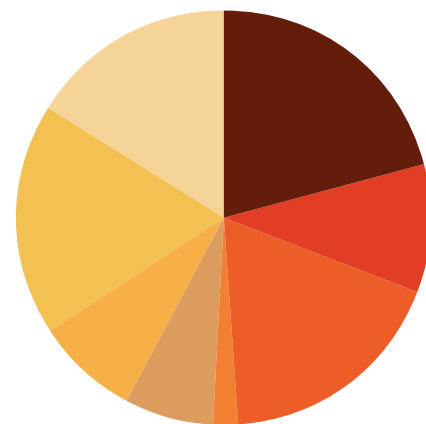


Trinity United Church - Cannington Food Drive.



Partners

- 20% Community
- 9% Education
- 18% Fundraising
- 3% Gleaning
- 4% Health
- 6% Programs
- 23% Social Services
- 16% Supports



Projects

- 20% Community
- 9% Education
- 18% Fundraising
- 3% Gleaning
- 4% Health
- 6% Programs
- 23% Social Services
- 16% Supports

We Are Proud Members Of



Local Food & Farm Co-ops



OUR TEAM



TNDF Staff Group Picture.

TNDF Staff

Our team features women with a range of knowledge and skills who allow us to enhance local food security and build community. Without the unique resilience, creativity, and passion of each person on our team, we would not have been able to accomplish all that we did in 2021.

We offer a special thanks as well to Thinktum Inc., Blue Willows Group, Crystal Thomas, Rebecca Jeschke, Jason Alexakis, Kylie Kring, and Lexie White for their integral work in 2021!

Sherry Macdonald | sherry@tndf.ca
Operating Director

Jessica Topfer | jessica.topfer@tndf.ca
Program Director

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

Edna Smith | edna@tndf.ca
Community Kitchen Manager

Joanne Paquin | joanne@tndf.ca
Community Kitchen Coordinator

Zoe Levitt | zoe@tndf.ca
Community Development Manager

Tiffany Clarke | tiffany@tndf.ca
Program Assistant

Mackenzie Devlin | mackenzie@tndf.ca
Social Support Manager

Melissa Davis | melissa@tndf.ca
Food Access Coordinator

Valerie White | valerie@tndf.ca
Food Access Assistant

Karley Tran | karley@tndf.ca
Food Access Assistant

Jessica Collins | jessica@tndf.ca
Food Access Assistant

Katerina Alexakis | katerina@tndf.ca
Digital Coordinator

Ashleigh Harrison | ashleigh@tndf.ca
Creative Media Coordinator

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THE NOURISH AND DEVELOP FOUNDATION

16 York St. PO Box 580 Cannington, ON L0E 1E0
705-432-2444 | info@tndf.ca | www.tndf.ca



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