Together we’re creating the world we all want to live in

2015 Annual Report
Dear Friends,

In January we delivered our 400,000th meal – a number that would have simply stunned me back in 2007 when I started Ceres as a volunteer project in a Sebastopol church kitchen. Nearly 100,000 additional meals have been delivered in communities across the United States thanks to the Ceres National Affiliate Partners we’ve trained.

Each of these meals fed a person – and often a whole family – struggling because of a serious health crisis, bringing the nourishment of wholesome food but maybe even more importantly the nourishment of the community’s love and care. That’s a half-million healing moments!

And behind the scenes these meals also nourished the people who made them possible: the youth and adult volunteers whose hearts and hands brought each meal to someone’s table, and our donors whose financial gifts are touching, changing and saving lives every day.

“Ceres represents the world I want to live in,” one of our staff members said recently. Ceres creates a world of connection, kindness, generosity, empowerment and belonging. It’s a world where everyone’s gifts are valued, and where together we realize our power to make a real and significant difference in our communities. As you’ll read in the pages that follow, Ceres empowers young people to become the healthy, compassionate and engaged adults our world needs. We educate clients and teens about the power of their food choices, so they make lasting changes in the way they eat to help prevent illness in the future. We support organic agriculture and our local farms and food producers – ensuring a healthy environment today and for future generations.

But at our root Ceres strengthens the fiber of what makes us human – our capacity to put ourselves in another’s shoes and to be willing to reach out with a helping hand. Thank you for being part of the amazing tapestry that makes Ceres Community Project so special and vital. Your gifts – of time, of talent, and of treasure – are creating the world we all want to live in.

With gratitude,

Cathryn Couch  Sharon Keating
Executive Director  Board President

---

Ambassador Council
Donald J. Abraham, MD
Chair of Medicine, University of Missouri Health Care

Dr. Keith Block
Co-Founder, Block Center for Integrative Cancer Treatment

Jed Emerson
Executive VP, ImpactAssets

David S. Evans, MD
President & CEO, Mission Hospital

Rebecca Katz, MD
Author, The Cancer Fighting Kitchen

Michael Lanyon
President & Co-Founder, Earth First

Dr. Liz Lipski, PhD, CCN, CHN
Author, Digestive Wellness

Michael Pollan
Author & Director of the Knight Program in Science and Environmental Journalism, University of California at Berkeley

Barbara Sattler, RN, DrPH, FAAN
Professor, Public Health Program, University of San Francisco

Brian Swinney, PhD
Professor, Public Health Program, University of San Francisco

Board of Directors
OFFICERS
Sharon Keating, President
Josh Weil, MD, Vice-President
Carlos Link, Treasurer
Deborah Vogan, Secretary

TEEN MEMBERS
Jessie Brandt
Shannon Gallup
Sophie Loven/Fitchborn

BOARD MEMBERS
DONOVON BAYLOR
Leah Giffen
Kelli Moses
Paul Seay
Jim Rehmeyer
Nicolle Warwick

Board Members: Jessie, Shannon & Sophie

Teen Board Members: Jessie, Shannon & Sophie

Working for Ceres restored my hope that as a youth in my community I had a place to actually help people. They teach us about different things going on around the world where people are making a difference in their communities. It has changed my outlook on my future. I realized that there are all these possibilities around me to make a difference but they are a little bit hidden. Ceres was really life changing for me. It propelled me to being more motivated. I really do feel like I am making a difference. I wanted to step up my game and be a Teen Leader because it was a good opportunity for me, and then I could help Ceres even more. The second I walk through the door, the atmosphere there really, really makes me feel like it’s not just an obligation or a responsibility. It’s something that I really want to be doing.

"Volunteering at Ceres made me realize how many things went into the food and how many different spices and vegetables you can actually fit into one dish. That made me realize that I wasn’t eating healthy because I really notice a difference when I eat healthier."
Youth Share Ceres’ Message on National Stage

Thanks to sponsorship from the Shinnyo-En Foundation, Youth Program Manager Sara McCamant, Teen Leaders Shannon Gallup and Ashlyn Dean traveled to Washington, DC last April to present Ceres’ work at the National Service-Learning Conference. In October, Ceres youth served a locally-sourced organic lunch to 400 youth at the national Bioneers Conference in San Rafael, and then Teen Leaders Levi Hylton, Sophie Leveque-Eichhorn and Hannah Pieh led a workshop on The Power of Our Food Choices.

Empowering Young People

At Ceres youth are the primary gardeners and chefs in our programs. Through that contribution, they discover their gifts and their belonging as valued members of the community.

In 2015 we provided 23,113 hours of mentoring and work-based learning to 437 young people. They learned to grow, cook and eat healthy foods — and about how their food choices can support health and protect our environment for future generations. Working under the guidance of our professional staff and adult mentors, youth became familiar with what employers expect and gained the skills and confidence to be successful in school, work and life.

Youth who’ve been active for at least a year can apply to join our Teen Leader Program. In 2015, 59 Teen Leaders served as role models and peer teachers in the program. Sporting personalized chef coats, they welcomed new teens, supervised the preparation of recipes, managed the packing of client meal bags, spoke at events, supervised the prep and planting of garden beds and served as full voting members of our Board of Directors.

“At Ceres they start you out on small things. Then all of a sudden, they would throw something at you that you’ve never done before. It was pressure but it was the good kind. You knew they had that trust in you and it made you feel awesome. I just started to become more confident and to carry that out into my own life without really having to consult anybody or ask questions.” ~ Lilyanna, Teen Chef
Caring for Our Neighbors in a Health Crisis

Ceres serves people facing a health crisis in Sonoma, Marin and now Alameda counties. Along with up to 24 weeks of nourishing organic meals for everyone in the family, we teach clients about the benefits of healthy, organic whole foods and connect them to the love and care of their community.

There are two ways to participate in our Meal Delivery Program – up to 20% of program spots are available for clients who are able to pay a below-market rate of $85 per person per week for organic delivered meals. This encourages people who might not otherwise call us and generates vital income for our work. The remaining clients receive meals for free – thanks to the support of our donors and volunteers.

In 2015 we provided 94,593 meals to 642 clients and their families, with 89% of clients receiving free meals. Among these clients, 66% are living at or below 200% of the Federal Poverty Level – just $31,860 a year for two adults or a single parent and a child, and 83% of our clients have a cancer diagnosis.

Thanks to our new program sites in Santa Rosa and Alameda, our goal in 2016 is to provide 105,000 meals for 750 clients.

Veggie Boxes Support Low-Income Clients Leaving Our Healing Meal Program

Affording healthy food is a challenge for most of our clients. In 2015 we began exploring how to support these clients as they make the transition from meal delivery to cooking on their own. As part of a pilot program, 18 clients with household incomes below $45,000 received 8 weeks of delivered fresh organic vegetables from the Ceres Community Garden. We recently received a two-year $60,000 grant from North Bay Cancer Alliance to develop a full transition support program for our clients.

Thanks as you and the teens for growing everything and for setting up a great program to help me start cooking with more healthy vegetables.” ~ Harvey.

“As a cancer patient, and living alone, I find it a challenge to motivate myself to make a good healthy meal. The past two weeks of receiving your deliveries has been a God-send for me.” ~ Mark.

Ceres serves people facing a health crisis in Sonoma, Marin and now Alameda counties. Along with up to 24 weeks of nourishing organic meals for everyone in the family, we teach clients about the benefits of healthy, organic whole foods and connect them to the love and care of their community.

There are two ways to participate in our Meal Delivery Program – up to 20% of program spots are available for clients who are able to pay a below-market rate of $85 per person per week for organic delivered meals. This encourages people who might not otherwise call us and generates vital income for our work. The remaining clients receive meals for free – thanks to the support of our donors and volunteers.

In 2015 we provided 94,593 meals to 642 clients and their families, with 89% of clients receiving free meals. Among these clients, 66% are living at or below 200% of the Federal Poverty Level – just $31,860 a year for two adults or a single parent and a child, and 83% of our clients have a cancer diagnosis.

Thanks to our new program sites in Santa Rosa and Alameda, our goal in 2016 is to provide 105,000 meals for 750 clients.
Ceres educates our clients, teens, adult volunteers and the broader community about how to shop, cook and eat for health – both personal health and the health of our environment.

- **Teens** – Ceres’ teens spend ½-hour of each shift learning about nutrition and “food system” issues. Topics include healthy snacks, why eat the rainbow, how to read food labels, food miles, why organic matters, and the importance of soil health. The result is young people who cook more, eat better, and are more likely to encourage friends and family to make healthy choices.

- **Clients** – Each week Ceres’ clients receive a Nutrition Bite with their meals. The Bite includes a recipe for one of the dishes in their bag – and some information about a food in that recipe and why it’s so good for them. Clients are more likely to try new and unfamiliar foods – like one client Linda who thought she didn’t like beets until a Nutrition Bite encouraged her to give them a try!

- **For our community** – Healing Foods Basics and Healing Foods Essentials are two-hour classes offered at a variety of locations each year and in both English and Spanish. 130 people participated in these classes in 2015. We’ve also created a video version of Healing Foods Basics which is provided free of charge to each client and is available to the general public.

Nutrition for Wellness is a special program we developed for the West County Health Center and is now offered both there and at Alexander Valley Healthcare in Cloverdale. The 12 class series is free for clinic patients. We reached 176 patients in 2015. Nourishing Connections Cookbook is now in kitchens all over the United States, and many of our past clients tell us it’s their bible to eating well. Through the cookbook we’ve been able to reach and support many more people than we can through meal delivery.

- **Commitment to Organic** – We use organic foods because scientific studies show organic crops provide more nutrition, are better for the environment, and reduce dietary pesticide exposure when compared to conventionally produced foods. In other words, it’s the healing choice for people and the planet.

“%As part of my cancer protocol I am to become more plant-based. So far, I have eliminated coffee, started yoga, walking more, reduced animal products and use way less refined sugar. I honestly wouldn’t be as successful if it weren’t for your meals and TLC.”

~ Annie, Sonoma Valley client

“J joined Ceres to help people but I am also learning a lot about cooking and eating better.”

~ Lauren, Teen Chef
Building Community Is the Heart of Our Work

The research is clear – the more connected and engaged we feel, the healthier we are. Even more important than food, meaningful relationships that help us feel valued and valuable are keys to a long and healthy life. That’s one reason we engage as many people as we can in our work. From youth and adult volunteers to our extraordinary community of financial donors, Ceres is committed to re-weaving the web of connections that make us and our communities healthy and strong.

The gifts volunteers give Ceres are tremendous. In 2015, 532 adults contributed 28,922 hours – the equivalent of almost 14 full-time staff – saving Ceres $608,299. Volunteers mentored youth, delivered meals, supported clients, provided staff training, worked as handy-people, solicited auction items, processed donations, consulted about human resource issues, coordinated other volunteers, and so much more.

The generosity of Ceres’ volunteers is the heart of our community and the heart of our work. We are enriched by their gifts, and together – through their service – we’re building a happy and healthy world.

A Great Place to Volunteer

We’re proud that in the most recent report from North Bay Business Journal, Ceres was the 47th largest nonprofit in Sonoma County but had the 4th highest volunteer engagement! And in our end-of-year survey 97% of adult volunteers say that volunteering at Ceres has contributed positively to their life, and 94% are very or extremely likely to recommend Ceres as a place to volunteer.

“Providing hope and support to those in need gives me a personal sense of fulfillment that is priceless.” — Volunteer Client Liaison

“One of the most significant gifts of Ceres is the power of love and caring that comes with every contact and with every preparation. There is true healing in that gift.” — Ana, Marin client

“Helping people makes you feel good about yourself.” — Rodrigo, Teen Volunteer

Click to view larger image
Thank you to Hanna Boys Center

We are grateful to Hanna Boys Center for hosting our Sonoma Valley Program site for the past two-and-a-half years. During that time, we provided 5,000 hours of work-based learning for youth and prepared and delivered 23,000 meals to Sonoma Valley families. Hanna Boys Center welcomed us and thanks to members of their board, provided free kitchen space for Ceres to operate. With the opening of our Santa Rosa Program at the Dream Center we’ve moved from Hanna but continue to serve the Sonoma Valley community.

Expanding Our Reach

During 2015 Ceres developed two important new program sites in Santa Rosa and Alameda that allow us to expand the diversity of youth and clients we serve. Opened in early 2016, both new sites are on the campuses of well-respected nonprofits that have deep experience in their areas of work.

In Santa Rosa we’re at Social Advocates for Youth’s new Dream Center campus. SAY provides housing, counseling and job training to youth who are disadvantaged and/or lack critical support. Along with our volunteer after-school program for youth, Ceres is developing a full Culinary Arts and Food Industry Job Training Program and expanding our Catering Program to provide on-the-job training for youth.

In Alameda, we’re at Alameda Point Collaborative, a supportive housing community for formerly homeless families. Youth in these families are now coming together two days a week to prepare healthy meals for very low-income women with cancer served by the Charlotte Maxwell Clinic in Oakland.

Yvonne Charles, Charlotte Maxwell Clinic Staff, shared clients’ reactions upon receiving their first Ceres meals, “A couple of the ladies cried...the gratitude was overwhelming. They told me: ‘I was trying to figure out what to do since I have another surgery coming up and knew I wouldn’t have the energy to shop or cook.’ My doctor said I needed to gain weight, but I didn’t know what to eat. Having the meals already prepared is so helpful. I didn’t know what I was going to do. This is such a blessing.”

The teens prepared and packaged the meals and then sat down together to have their own dinner of the food they had just cooked. This was ‘the first time most of these young people had cooked and shared a meal.”
Since 2010 Ceres has supported communities around the United States interested in starting programs like ours. Today eleven communities – from Nashville to Grand Rapids, Michigan and Eugene, Oregon – benefit from programs based on Ceres’ unique model.

In 2015 we offered two four-day trainings at our main offices in Sebastopol for teams from Clear Path for Vets in Synapse, NY, Healthy Community Kitchen in Madison, WI, and Healing Meals Community Project in Hartford, CT. Teams receive comprehensive training, a complete Operations Manual, access to Ceres’ customized data base program to help run their programs, regular support and training calls throughout the year and most importantly the benefit of our 9 years of experience.

In 2015 we offered two four-day trainings at our main offices in Sebastopol for teams from Clear Path for Vets in Synapse, NY, Healthy Community Kitchen in Madison, WI, and Healing Meals Community Project in Hartford, CT. Teams receive comprehensive training, a complete Operations Manual, access to Ceres’ customized data base program to help run their programs, regular support and training calls throughout the year and most importantly the benefit of our 9 years of experience.

Thank you Ceres! We could not have this success than we could have ever imagined.

Healing Meals Community Project in Hartford, CT. Teams receive comprehensive training, a complete Operations Manual, access to Ceres’ customized data base program to help run their programs, regular support and training calls throughout the year and most importantly the benefit of our 9 years of experience.

Healing Meals Community Project, CT.

Since 2010 Ceres has supported communities around the United States interested in starting programs like ours. Today eleven communities – from Nashville to Grand Rapids, Michigan and Eugene, Oregon – benefit from programs based on Ceres’ unique model.

In 2015 we offered two four-day trainings at our main offices in Sebastopol for teams from Clear Path for Vets in Synapse, NY, Healthy Community Kitchen in Madison, WI, and Healing Meals Community Project in Hartford, CT. Teams receive comprehensive training, a complete Operations Manual, access to Ceres’ customized data base program to help run their programs, regular support and training calls throughout the year and most importantly the benefit of our 9 years of experience.

Healing Meals Community Project in Hartford, CT. Teams receive comprehensive training, a complete Operations Manual, access to Ceres’ customized data base program to help run their programs, regular support and training calls throughout the year and most importantly the benefit of our 9 years of experience.

Thank you Ceres! We could not have this success than we could have ever imagined.

Healing Meals Community Project in Hartford, CT.

Since 2010 Ceres has supported communities around the United States interested in starting programs like ours. Today eleven communities – from Nashville to Grand Rapids, Michigan and Eugene, Oregon – benefit from programs based on Ceres’ unique model.

In 2015 we offered two four-day trainings at our main offices in Sebastopol for teams from Clear Path for Vets in Synapse, NY, Healthy Community Kitchen in Madison, WI, and Healing Meals Community Project in Hartford, CT. Teams receive comprehensive training, a complete Operations Manual, access to Ceres’ customized data base program to help run their programs, regular support and training calls throughout the year and most importantly the benefit of our 9 years of experience.

Thank you Ceres! We could not have this success than we could have ever imagined.

Healing Meals Community Project in Hartford, CT.

Since 2010 Ceres has supported communities around the United States interested in starting programs like ours. Today eleven communities – from Nashville to Grand Rapids, Michigan and Eugene, Oregon – benefit from programs based on Ceres’ unique model.

In 2015 we offered two four-day trainings at our main offices in Sebastopol for teams from Clear Path for Vets in Synapse, NY, Healthy Community Kitchen in Madison, WI, and Healing Meals Community Project in Hartford, CT. Teams receive comprehensive training, a complete Operations Manual, access to Ceres’ customized data base program to help run their programs, regular support and training calls throughout the year and most importantly the benefit of our 9 years of experience.

Thank you Ceres! We could not have this success than we could have ever imagined.

Healing Meals Community Project in Hartford, CT.

Since 2010 Ceres has supported communities around the United States interested in starting programs like ours. Today eleven communities – from Nashville to Grand Rapids, Michigan and Eugene, Oregon – benefit from programs based on Ceres’ unique model.

In 2015 we offered two four-day trainings at our main offices in Sebastopol for teams from Clear Path for Vets in Synapse, NY, Healthy Community Kitchen in Madison, WI, and Healing Meals Community Project in Hartford, CT. Teams receive comprehensive training, a complete Operations Manual, access to Ceres’ customized data base program to help run their programs, regular support and training calls throughout the year and most importantly the benefit of our 9 years of experience.

Thank you Ceres! We could not have this success than we could have ever imagined.

Healing Meals Community Project in Hartford, CT.

Since 2010 Ceres has supported communities around the United States interested in starting programs like ours. Today eleven communities – from Nashville to Grand Rapids, Michigan and Eugene, Oregon – benefit from programs based on Ceres’ unique model.

In 2015 we offered two four-day trainings at our main offices in Sebastopol for teams from Clear Path for Vets in Synapse, NY, Healthy Community Kitchen in Madison, WI, and Healing Meals Community Project in Hartford, CT. Teams receive comprehensive training, a complete Operations Manual, access to Ceres’ customized data base program to help run their programs, regular support and training calls throughout the year and most importantly the benefit of our 9 years of experience.

Thank you Ceres! We could not have this success than we could have ever imagined.

Healing Meals Community Project in Hartford, CT.

Since 2010 Ceres has supported communities around the United States interested in starting programs like ours. Today eleven communities – from Nashville to Grand Rapids, Michigan and Eugene, Oregon – benefit from programs based on Ceres’ unique model.

In 2015 we offered two four-day trainings at our main offices in Sebastopol for teams from Clear Path for Vets in Synapse, NY, Healthy Community Kitchen in Madison, WI, and Healing Meals Community Project in Hartford, CT. Teams receive comprehensive training, a complete Operations Manual, access to Ceres’ customized data base program to help run their programs, regular support and training calls throughout the year and most importantly the benefit of our 9 years of experience.

Thank you Ceres! We could not have this success than we could have ever imagined.
<table>
<thead>
<tr>
<th>Donation Amount</th>
<th>Donor Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>$2,500 to $4,999</td>
<td>Alan Siegle &amp; Shelley Brown, Jim Rottman &amp; Hollie Greene, Mark &amp; Marilyn Jones, Jim O'Hara &amp; David &amp; Marty Wait, Mary Farha</td>
</tr>
<tr>
<td>$5,000 to $9,999</td>
<td>Kathryn Pfeiffer, Peter &amp; Robin Aldrich, Randy &amp; Susan Anderson, John &amp; Patty Sweeney, Kathie &amp; Mark Elcombe, Mary &amp; Frank Velo, Safeway Foundation, Robin Beck &amp; Alex Shmelev, Heidi &amp; Peter Nelson, Michael &amp; Nancy Jordan, Steve &amp; Tracy Kuhl, Thomas &amp; Cissy Korda, Emma &amp; Andrew Baker, Gordon Peck, Ron &amp; Nancy O'Grady, Susan &amp; Stephen Siegel</td>
</tr>
</tbody>
</table>
Where Does The Money Come From? $1,991,484
Where Does The Money Go? $1,932,505

Individuals 34.9%
Foundations 19.2%
In-Kind 18.3%
Special Events 10.8%
Businesses 8.7%
Earned Income 8.2%

Individuals 34.9%
Foundations 19.2%
In-Kind 18.3%
Special Events 10.8%
Businesses 8.7%
Earned Income 8.2%

Programs 76.4% $1,475,786
Sebastopol 41.1%
San Rafael 13.1%
Sonoma Valley 8.1%
Santa Rosa 8.1%
Alameda 1.2%

Catering & Food Sales 10.0%
National Affiliate 1.0%

Supporting Services 23.6% $456,719
Fund-Raising 14.9%
General & Administrative 8.8%

Ceres Client Leticia

Where Does The Money Come From?
Where Does The Money Go?

See Ceres Federal Tax Forms at CeresProject.org/FedTaxForms.html

Ceres Client Leticia

Statements of Financial Position
2015 2014
Cash $403,511 $380,477
Accounts Receivable 324 1,958
Other Current Assets 7,903 5,883
TOTAL CURRENT ASSETS $411,738 $388,318

Property & Equipment, net 1,078,423 1,014,273
TOTAL ASSETS $1,490,161 $1,402,591

LIABILITIES & NET ASSETS
Accounts Payable 41,822 25,938
Accrued Paid Time Off 23,288 21,610
Other Current Liabilities 5,236 10,057
Current Portion of Long-term Debt 11,280 10,000
TOTAL CURRENT LIABILITIES 81,946 68,075
Long-term Debt 334,142 319,422
TOTAL LIABILITIES $416,088 $387,497

Unrestricted 671,419 775,648
Temporarily restricted 462,148 770,448
TOTAL NET ASSETS $1,133,567 $1,546,096

TOTAL LIABILITIES & NET ASSETS $1,490,161 $1,402,591

“Me diagnosticaron cáncer de mama el año pasado. Cuando el trabajador social del hospital me aconsejó llamar a Ceres para obtener ayuda con las comidas, creo que no sería necesario, pero estoy muy contento de haberlo hecho. Por la forma en que el tratamiento de quimioterapia me afectó, no podía cocinar más. Mi hijo Donovan (20 años) es la única familia que tengo y vivía en casa, trabajaba largas horas, así que yo estaba sola mucho en casa. Cuando recibí las comidas, pude alimentarme. No habría manera de que pudiera haber hecho las compras para cocinar sola. No tenía la energía.

Donovan y yo recibimos comidas. Hemos cambiado la forma en que comemos—ahora es más saludable. Utilizamos mucho menos azúcar y sal, y comemos menos carne y más verduras y frutas frescas, frutas secas y semillas, y hasta un poco de pescado y pollo orgánico. Siento que la comida me ayudó a recuperar mi energía y la salud después de haber terminado mi tratamiento.

Les quiero agradecer por todo, por toda la ayuda y el apoyo que nos brindaron a mí y a mi hijo. Nos cuidaron. ¿Estás rica dieron amor y comida. No sólo comida, pero amor, también.”

"Estoy muy agradecida a todos los que dan para que Ceres pueda hacer este trabajo.”

"I'm so grateful to all those who give so that Ceres can do this work.”

"Me diagnosticaron cáncer de mama el año pasado. Cuando el trabajador social del hospital me aconsejó llamar a Ceres para obtener ayuda con las comidas, creo que no sería necesario, pero estoy muy contento de haberlo hecho. Por la forma en que el tratamiento de quimioterapia me afectó, no podía cocinar más. Mi hijo Donovan (20 años) es la única familia que tengo y vivía en casa, trabajaba largas horas, así que yo estaba sola mucho en casa. Cuando recibí las comidas, pude alimentarme. No habría manera de que pudiera haber hecho las compras para cocinar sola. No tenía la energía.

Donovan y yo recibimos comidas. Hemos cambiado la forma en que comemos—ahora es más saludable. Utilizamos mucho menos azúcar y sal, y comemos menos carne y más verduras y frutas frescas, frutas secas y semillas, y hasta un poco de pescado y pollo orgánico. Siento que la comida me ayudó a recuperar mi energía y la salud después de haber terminado mi tratamiento.

Les quiero agradecer por todo, por toda la ayuda y el apoyo que nos brindaron a mí y a mi hijo. Nos cuidaron. ¿Estás rica dieron amor y comida. No sólo comida, pero amor, también.”

"Estoy muy agradecida a todos los que dan para que Ceres pueda hacer este trabajo.”

"I'm so grateful to all those who give so that Ceres can do this work.”

"Me diagnosticaron cáncer de mama el año pasado. Cuando el trabajador social del hospital me aconsejó llamar a Ceres para obtener ayuda con las comidas, creo que no sería necesario, pero estoy muy contento de haberlo hecho. Por la forma en que el tratamiento de quimioterapia me afectó, no podía cocinar más. Mi hijo Donovan (20 años) es la única familia que tengo y vivía en casa, trabajaba largas horas, así que yo estaba sola mucho en casa. Cuando recibí las comidas, pude alimentarme. No habría manera de que pudiera haber hecho las compras para cocinar sola. No tenía la energía.

Donovan y yo recibimos comidas. Hemos cambiado la forma en que comemos—ahora es más saludable. Utilizamos mucho menos azúcar y sal, y comemos menos carne y más verduras y frutas frescas, frutas secas y semillas, y hasta un poco de pescado y pollo orgánico. Siento que la comida me ayudó a recuperar mi energía y la salud después de haber terminado mi tratamiento.

Les quiero agradecer por todo, por toda la ayuda y el apoyo que nos brindaron a mí y a mi hijo. Nos cuidaron. ¿Estás rica dieron amor y comida. No sólo comida, pero amor, también.”

“Estoy muy agradecida a todos los que dan para que Ceres pueda hacer este trabajo.”

“I’m so grateful to all those who give so that Ceres can do this work.”
Ceres Staff

REGIONAL STAFF
Jake Blehm
Administration Director
Cathryn Couch
Executive Director
Julie Foley
Development Associate & Events Manager
Arlene Harchut
Development Associate
Thais Harris
Nutrition Education Manager
Margaret Howe
Associate Director
Scott McDougall
Development Director
Deborah Ramelli
Communications Director
Paula Randall
Grants Manager
Nicole Saadeh
Catering Manager
Kim Stuffelbeam
Creative Director
Nicole Warner
Marketing & Design Associate

MARB COUNTY
Linda Dovish
Program Manager
Patrick Martin
Associate Chef & Kitchen Coordinator
Kristin McKenna
Client Coordinator
Rebecca Shilling
Teen Program Coordinator

SONOMA COUNTY
Caroline Bññuelos
Volunteer Relations Manager
Hollie Fortcamp
Associate Chef
Tina Green
Program Manager & Chef
Lili Gunter
Client Manager
Cheryl Hamblin
Client Care Assistant
John Littlewood
Executive Chef
Sara McCamant
Garden & Youth Program Manager
Gabriella Salomon
Associate Chef & Teen Program Administrator
Nicole Sauer
Client Care Assistant
Julie Stuffelbeam
Kitchen & Delivery Manager
Samantha Wyman
Administrative Assistant

ALAMEDA COUNTY
Aileen Suzara
Project Coordinator & Chef

photos & bios on the web at:
CeresProject.org/staff.html

Teens Chefs busy chopping, blending and prepping the week’s meals in our San Rafael kitchen

Ceres Community Project
Headquarters
PO Box 1562
Sebastopol CA 95473
707-829-5833
info@ceresproject.org
www.CeresProject.org

Serving Alameda, Marin & Sonoma counties
Program Sites:
• Alameda • San Rafael • Santa Rosa • Sebastopol

© 2016 Ceres Community Project • All Rights Reserved • Tax ID 26-2250997