Food is Love
Share the bounty!
In this season of gratitude, help us deliver beautiful, delicious and nourishing Thanksgiving meals to our clients.

DONATE NOW
online at CeresProject.org/Donate

We’ve just completed a “the summer of interns” at Ceres, giving several young people a chance to learn about nonprofit operations and see how what they’ve been studying in the classroom translates in the real world. The internship was a true win-win for the students and Ceres, and we’re now creating a more formal program for 2020.

Reilly Briggs had the opportunity to work directly with our founder, Cathryn Couch, who went on to Bill and Melinda Gates to deliver a TED Talk about a win-win for all

Jess and Kat

Service and real world experience - a win-win for all

Meeting the Moment: Our Agenda for Healthy People & A Healthy Planet by Cathryn Couch

Twelve years ago, working out of a donated church kitchen as an all-volunteer program, Ceres Community Project delivered 4,500 meals to 25 families and educated 20 teen chefs. Today we provide more than 100,000 meals a year to nearly 700 families. 500 young people serve as gardeners and chefs, and we offer over 100 nutrition classes a year in the community – many in Spanish.

While the need for our core work of nourishing clients, empowering youth and connecting our community hasn’t changed – and in fact continues to grow – the world around us has changed. In the past twelve years, both the challenges we face – and the urgency to contribute – have deepened.

• In a 2006 study, 25% of people – 1 in 4 – said that in a crisis they had no one to turn to – a rate that would have been unheard of even 50 years earlier. That trend has only gotten worse. Today we talk about unprecedented rates of loneliness and anxiety. We’ve even coined the term “deaths of despair” for the rising levels of deaths from suicide, drug, alcohol and gun violence.

Our Agenda for Healthy People & A Healthy Planet

A tremendous momentum for health and “food as medicine” has been growing in recent years. We’ve seen health insurers as a recognized medical intervention that pumps out cheap, processed, and empty calories. 40% of people in the U.S. are undernourished — the consequences of a food system that pumps out cheap, processed, and empty calories.

• And most importantly, evidence of a planetary climate crisis mounted by the day, threatening the future for our children and grandchildren. From sea level rise, superstorms and fire storms, climate refugees – those are the new front lines.

What I want you to know is that every day, Ceres is making a difference on all of these issues. Over the past three years we’ve developed a bold agenda – and as you’ll see it’s already paying dividends.

While there is tremendous momentum in this food as medicine movement, the conversation is focused on chronic diseases and the nutrients in food. We’re all talking about how to connect the link to our environment or the climate crisis. No one is talking about how the food we’re prescribing is growing and processed – or the broader health impacts of our food system.

If we embed food into our healthcare systems, but we don’t establish quality standards for that food, we’re missing a critical opportunity. The result will continue to exacerbate the climate crisis, poor health outcomes for farm and food

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Sweet Potato Nachos

Ingredients
- 2 large sweet potatoes, peeled and sliced into 1/4-inch thick slices
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp sea salt
- 1/2 tsp ground black pepper
- 1/2 tsp ground cumin
- 1/4 tsp paprika
- 1 sweet potato, diced
- 1/4 cup red bell peppers
- 1/4 cup green onions (scallions), chopped
- 1/4 cup cilantro, minced
- 1 avocado, diced
- 1 or 2 jalapeños, sliced
- Fresh salsa
- 1 cup fresh cilantro, minced
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2-tsp sea salt
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2-tsp sea salt

Instructions
1. Preheat the oven to 425°F.
2. In a bowl, combine the sweet potato slices, olive oil, garlic powder, salt, pepper, and paprika. Mix well.
3. Place the sweet potatoes in a single layer on a baking sheet. Bake for 40 minutes, turning once.
4. Remove the baking sheet from the oven, and top the sweet potatoes with red bell peppers, green onions, and jalapeños.
5. Turn on the broiler, and broil carefully for about 5 to 10 minutes.
6. Serve with avocado, salsa, and fresh cilantro.

A number of recent studies have confirmed that plant-forward diets reduce risk of chronic disease and will help sustain the world’s growing population with less impact on environmental health. This vegan delight is a great example of a new trend on an old favorite. These are a hit with participants in recent Ceres health education classes. Check out all of our stories of Ceres and partner collaboration on our Facebook page.

Thank You!
We’re grateful to the following businesses and organizations for their recent gifts:
- Arrow Benefits Group
- Ausher Family Foundation
- Bellwether Farms
- Bu Café
- Brookside Middle School Interactive Club
- CFI Bar Family Foundation
- Costa Wholesale Corporation
- CROPP Cooperative
- Ernest L. & Ruth W. Finley Foundation
- Evergreen 161 Sebastopol
- Gourmet Mushrooms, Inc.
- Harbourton Foundation
- Impact 100 Sonoma
- Navitas Naturals
- Pyramid Gym
- Redwood Hill Farm & Creamery, Inc.
- Rose Foundation for Communities and the Environment
- Sebastopol Chapter of North Bay Association of Realtors
- Sebastopol United Methodist Church
- Wells Fargo

Meet the Moment, cont’d

system workers, and inequity. As the only 100% organic medically tailored meal organization, Ceres is taking a leadership role in raising conversations about food quality at the tables where we’re active.

Here are just a few examples of how we’re leading and moving the conversation to make healthy, sustainably raised food a right.

• Ceres continues to lead the California Nutrition Intervention Pilot Program—the first of its kind providing medically tailored meals to MediCal patients with complex heart failure. So far, more than 400 patients in six counties have received 12 meals plus support from a registered dietitian. Based on results to date, we’re confident that this will become a standard benefit in California’s MediCal system—the first time in the country that meals will be provided at no charge to MediCal patients to help address an illness.

• As a product leader for the Food as Medicine Accelerator Project at the Google Food Lab, Ceres helped gather information on more than 200 food as medicine programs nationally, created profiles of “best in class examples” and a community collaboration working to reduce heart attacks and strokes, “increasing access to healthy food and improving quality of life” map.

• Through our leadership in Marin Food Now, Ceres is helping to bring medically tailored meal programs to Marin’s most vulnerable populations. And through our Food as Medicine Accelerator Project, we’re working to gather information on more than 200 food as medicine programs nationally, creating profiles of “best in class examples” and developing an information guide that will be released publicly later this month as a searchable “food as medicine” map.

• As the only 100% organic medically tailored meal provider in Marin. The guidelines include a recognition of the connection between personal and environmental health.

• Working with our partners at California Certified Organic Farmers, Ceres is helping develop a policy strategy for increasing organic foods in the California food system, ultimately moderating a panel at the national Root Cause Coalition conference on the importance of food quality standards—especially around organic—within the food as medicine movement.

• The demand for our services continues to grow here at Ceres. Every client who calls us desperately in need of our support and we’re committed to saying “YES” to them. And we know the difference that Ceres makes for the hundreds of people we serve each year—providing them a safe and supportive place to learn and grow.

At the same time, there’s urgent work to be done at a policy level. Integrating food into our health care system will dramatically expand access to healthy food for those who need it most. And establishing standards in the food we prescribe is sustainable in vital if we’re to address climate change and build a just future for all.

The challenges we face are real and incredibly urgent. But the momentum for change is also alive and growing. At this critical moment, Ceres’ voice and perspective needs to be present at every table—from Sonoma and Marin to Sacramento and Washington, DC. We can’t do this work without you. Ceres is struggling to meet the moment. I urge you stretch with us.

Learn more about our public policy work at ceres.org/public-policy/

Receiving your delicious, nutritious, and lovingly prepared meals allowed me to take some time to deeply reflect during my treatments. You and your work make a difference that resonates with thousands of us. I am forever grateful.

Love, and am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah! And am doing great in my treatments, yeah!