It’s an exciting time at Ceres. Thanks to the generosity, dedication and vision of our donors, volunteers and staff, hundreds of new clients and teens experienced the healing power of food and community last year. And thanks to the foundation you helped us lay, we’re poised to deepen our impact by launching two new program sites this year, and expanding our offerings in Marin and Sonoma counties.

Among our accomplishments in 2015:

We engaged 437 teens in preparing a record number of healing meals for 642 clients and their families struggling with a serious health problem. Along the way, both clients and teens benefited from the nutrition education that’s woven into everything we do, giving people both the motivation and tools to make healthy eating a life-long pattern.

<table>
<thead>
<tr>
<th>Location</th>
<th>Healing Meals Delivered</th>
<th>Teen Work-Based Learning Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sebastopol</td>
<td>63,781</td>
<td>18,267</td>
</tr>
<tr>
<td>Sonoma Valley</td>
<td>15,557</td>
<td>2,259</td>
</tr>
<tr>
<td>San Rafael</td>
<td>15,255</td>
<td>2,587</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>94,593</strong></td>
<td><strong>23,113</strong></td>
</tr>
</tbody>
</table>

To help our low-income clients access the fresh, whole food they’ve grown to love once they leave our meal program, we piloted a transition program that supplied free boxes of organic vegetables and fruit from our Sebastopol garden, along with recipes, and information on shopping for whole foods on a budget.

We grew our capacity to serve Spanish-speaking clients, by hiring a bi-lingual Client Care Team staff member, adding a Spanish-language phone line and translating many of our forms and information.

(continued on next page)
“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, client (Sonoma program)

Our Nutrition for Wellness program, providing free nutrition education classes through community health centers for patients at risk of developing a chronic disease, is now offered at a second location – Alexander Valley Healthcare.

We provided teens a record number of hours of work-based learning, leadership development and healthy eating education. Education about the food system and the connections between personal and environmental health are highlighted during daily teen “circles” in our kitchen and garden sites.

Twenty-nine youth became new Teen Leaders, with additional opportunities and responsibilities to represent Ceres and shape its future, and fifty-eight youth were part of the Teen Leader Program.

Hundreds of volunteers of all ages and walks of life came together to nourish people going through the fear and stress of an illness like cancer and let them know that they’re not alone.

Already this year, we’ve opened a new, dedicated kitchen in Santa Rosa, seamlessly transitioning clients whom we had been serving from our Sonoma Valley kitchen at Hanna Boys Center. This month, we’re opening our second new kitchen, in Alameda. You can read more about these two new sites on pages 4 and 5.

Thanks to your support, we’re poised to make a big difference this year, from these new sites as well as our ongoing programs in Sebastopol and San Rafael!

Our adult volunteers donated 27,757 hours in 2016. Here’s what some of them shared about their experience.

“Providing hope and support to those in need is the most important aspect of my volunteer work. This gives me a personal sense of fulfillment that is priceless.”

“Ceres is a fit on every level - nurturing teens to leadership, teaching workplace skills, and, of course, providing healing foods to those in need in my community.”

“We pay more attention to organic and local grown including search for cleaner meats. Sugar, fast food and packaged foods are not just decreased but eliminated.”

“Change in communities does indeed begin at the grassroots level. Ceres has proven that.”
Business Partnerships Provide Healthy Benefits

We’re blessed to have a growing network of businesses supporting our work, sometimes in very creative ways. From farmers and grocers who donate or discount food, to Ceres event sponsors and those who designate us as beneficiaries of their own events, our partners in the business community play an important role in nourishing our clients and nurturing our youth volunteers.

Our relationship with one long-standing supporter demonstrates how many ways there are to get involved. Exchange Bank first sponsored our annual fundraising event, now called Harvest of the Heart, in 2011 and has been a yearly sponsor since then. Their Human Resources team, headed by Senior Vice President Lori Zaret, has chosen Ceres to receive funds they raise in their annual Human Race Bingo night. Lori herself generously offers her time to Ceres staff members as a consultant on Human Resource issues. She learned about Ceres when her son volunteered as a teen, and she credits Ceres with instilling in him the value of giving back to the community, contributing to his decision to become a firefighter/paramedic. Exchange Bank Foundation also helped to fund a replacement roof for the small building in which we store dry foodstuffs at our Sebastopol kitchen and to purchase a 6-burner range for our new kitchen in Santa Rosa.

Those are just a few examples of this multi-faceted association. Ceres’ Executive Director, Cathryn Couch, gave a presentation on leadership to the Bank’s officers – and the Bank purchased 125 copies of our Nourishing Connections Cookbook as gifts for the group. Other Ceres staff members have spoken at the Bingo nights, inspiring employees with the difference they are making through Ceres.

Another benefit that Ceres can offer to corporate partners is team-building volunteer days. Groups have bonded outside the office while mulching our gardens or helping to prepare our Thanksgiving week meals.

A recent partner is the Angel Island Company, supporting our San Rafael program site by donating funds from select menu items sold in their café. They also hosted a beautiful appreciation party for our volunteers last fall, and are donating a portion of funds raised at their annual Spring Event on March 26.

If your company is interested in learning more about partnering with Ceres, please contact Scott McDougall, Development Director at 707-829-5833 x130.
New Program Sites Extend Our Reach

Our new kitchen in Santa Rosa is already bustling with activity. Just launched in February, the dedicated facility gives us the flexibility to:

• Reach a more diverse youth population by partnering with Social Advocates for Youth to serve residents of the Dream Center, a supportive community offering wrap-around services and housing for youth who are aging out of foster care or have been homeless;
• Expand our catering services, allowing us to offer more work-based learning opportunities for youth;
• Develop a culinary job-training program that provides a bridge to college and careers by offering college credit;
• Provide a soil-to-table education by installing our second youth-run Ceres Community Garden;
• and nourish more clients throughout Sonoma County due to expanded kitchen capacity for families in need.

“\textit{I can be part of creating true change.}”  
\textit{Ashlyn, former Teen Leader involved in early development of our partnership with SAY.}

Youth engaged in our programs learn to cook and eat healthy food, gain the skills to get and keep that important first job, and discover their power to make a difference for someone in need.
As you read this we’ll have just opened a second new program site in Alameda, where we’re partnering with Alameda Point Collaborative to engage their youth residents in our Healing Meals program, with the organic, nutrient dense food they prepare supporting clients of Charlotte Maxwell Complementary Clinic, which provides integrative cancer care, safety-net social services and health education to low-income women with cancer.

This is our first foray into the East Bay, and comes thanks to a bequest from the estate of Kim Barber, an East Bay resident who died of cancer in 2013 and wanted to help her neighbors facing cancer access healthy prepared meals. We’re honored to help bring her vision to life!

If you’d like to learn more about these new locations, please visit our website or contact us at info@ceresproject.org.

There are numerous volunteer opportunities available at both kitchens. ❤️

If you are interested in learning more about these important new projects, please call

Executive Director
Cathryn Couch
707-829-5833 ext 132

or Development Director
Scott McDougall
707-829-5833 ext 130
**Classes & Events Calendar**

**March 12**  
*Santa Rosa Open House*  
3:00-5:00 pm  
Tour our newest kitchen and The SAY Dream Center where it’s housed. Learn more about the youth we’ll be serving, our new vocational programs and the Dream Center. For more information, call (707) 829-5833. No reservations necessary.  
2447 Summerfield Rd. Santa Rosa

**May 2**  
*CeresFest at Lagunitas Taproom, Petaluma*  
5:30-8:30 pm  
Our annual get-together and fundraiser at Lagunitas is moving from the Fall to Spring, and taking on a new flavor. See back cover for details.

**Healing Foods Basics Classes**

6:00 to 8:00pm  
March 30 in Novato  
May 25 in Sonoma Valley  
June 29 in Sebastopol

This class offers an overview of Ceres’ nutrient-rich approach to healthy eating while providing a fun environment and loving community.

**Healing Foods Essentials**

6:00 to 8:00pm  
April 27 in Sebastopol  
May 18 in Novato

For those who have enjoyed our Basics class, this course delves deeper and includes information on anti-inflammatory foods, blood sugar management and fats. We’ll also prepare a dish together.

To register or see a full list of our Healing Foods classes, visit our website.  
www.CeresProject.org/HFB

**Kale Club Drive On Now!**

As a monthly donor, you provide support and stability for Ceres to engage teens and deliver healing meals to clients. Donate as little as $10 a month, and you’ll have a giant impact. Our drive to add 50 new members is on now.  
Visit www.CeresProject.org/KaleClub to learn more and join today!
Get involved!

We invite you to become a volunteer. We have many rich and rewarding ways to serve your community. Select from one of our four program sites (Alameda, San Rafael, Santa Rosa and Sebastopol) or ask us about ways you can help from home.

Attending an orientation is the first step. You can learn more about volunteering, browse dates for our regularly scheduled orientations, and see who to contact for more information on our website at www.CeresProject.org.

Interested in volunteering?

Attending an orientation is the first step. Our locations in Alameda, San Rafael, Santa Rosa and Sebastopol hold regular volunteer orientations.

Learn more on our website at www.CeresProject.org.

Call Ceres to Cater Your Next Event!

With the addition of our new Santa Rosa program site, Ceres’ Catering Program is expanding and we’d love to talk with you about your next event. Whether you need a box lunch or platters for an office meeting, appetizers for your next party, or a sit down dinner for 200 for your upcoming fundraiser, our experienced Catering team will work with you to plan a menu that will delight your guests and keep you on budget.

And with Ceres, you’ll be assured that the food will reflect the highest standards for health and sustainability. By choosing Ceres’ Catering Program you provide job training experience for young people in our community, and nourish our neighbors who are struggling because of a health challenge.

To learn more, please call or email Catering Manager Nicole Saadeh at 707·583·9344 or catering@ceresproject.org.

We look forward to partnering with you on your next event.

“I am impressed with the collaborative spirit and genuine friendliness of everyone I’ve met so far.”

adult volunteer
Only Ceres would celebrate a club named Kale!
See page 7 for details.

Celebrate May Day & Dance into Spring with Ceres
Featuring live music, an Irish-inspired dinner, and an exciting raffle
5:30 - 8:30pm Monday May 2
Lagunitas Brewing Company, Petaluma
Tickets will be available for purchase through our website, beginning April 1st, and at the door
Price includes organic dinner (with vegetarian and vegan options)
Ticket prices
$25 for adults
$12.50 for 5-12 yr olds
Under 5 free
Thanks to our sponsor and host, Lagunitas Brewing Company