Diego

Teen Volunteer to Staff

Diego will remember his recent time in Ceres’ Sebastopol kitchen for the record number of eggs he cracked each day. Arriving back home after hiking the Camino de Santiago in Spain, Diego found his workplace in full firestorm response mode. Diego first came to Ceres as a fifteen year old volunteer Teen Chef, and has always felt motivated by the number of people he helps by preparing nourishing meals. Here was an opportunity to comfort thousands of people traumatized by the fires. True to form, Diego eagerly stepped up to play a leadership role in the kitchen, helping to manage the influx of new volunteers and preparing huge batches of frittata for breakfasts at the shelters.

It was Diego’s guidance counselor who first suggested he volunteer at Ceres. Having moved to a new school and with few friends, the 15 year old was suffering from depression but had expressed an interest in cooking. Through time, he went from volunteering one day a week to three, both in the kitchen and garden. He formed friendships he feels sure will last a lifetime. And he’s had a lasting impact on our Teen Leader program by talking to staff about ways we could improve it, and then helping to create criteria for new Teen Leaders. In his five years at Ceres, he’s oriented countless new teens to our kitchens, represented Ceres at events, gotten his first job, and relished the opportunity to cook alongside—and be inspired by—chefs at some of Sonoma County’s top restaurants.

Diego is now part of the staff at the Ceres Café, and is studying Nutrition and Dietetics at Santa Rosa Junior College. He’s just one example of the thousands of youth who’ve both benefited from the care, mentoring and opportunities they receive at Ceres, and who’ve helped shape Ceres and their community in the process.

You can learn more about Diego in a short video at www.CeresProject.org/video/Harvest2017_Diego.html
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Marcelle lives with a friend in Woodacre, and when asked how his illness has impacted his work and hobbies, he shares: “my daily activities depend on how I feel and how sick I am, and cancer honestly pretty much decimated my hobbies and passions.” For clients like Marcelle, Ceres’ meals make a crucial difference in their health during treatment. They also provide a welcome social benefit, helping clients to know that their community cares. Marcelle or a friend pick up his meals at our San Rafael kitchen, providing our Teen Chefs and this grateful client a chance to connect in person each week, as each bag of lovingly prepared meals is delivered by them personally.

Soiland Co.
Willow Creek Wealth Management
Kaiser Permanente
Luther Burbank Savings
Organic Valley
Navitas Organics
Sonoma Cutrer
CannaCraft
Burr, Pilger, Mayer
Sonoma County Properties
IT Sonoma Style
Straus Family Creamery
La Tortilla Factory
Redwood Credit Union
Summit State Bank

In-Kind
Bella Rosa Coffee Co.
Bright Event Rentals
Dry Creek Vineyard
Iron Horse Vineyards
Kendall-Jackson
O’Reilly Media
Russian River Vineyards

$256,000 raised for our programs

Harvest of the Heart

Thank you to our guests, sponsors, food & auction donors, and volunteers for a beautiful evening!
We’re so grateful to everyone who said “yes” to help us nourish those fighting and impacted by the fires in Sonoma County. To date, nearly 200 volunteers have spent more than 1,000 hours preparing nearly 10,000 healthy meals…and counting. Thank you to them, and to all who donated to our fire relief response, including the following farmers, grocers and food producers:

Alive & Healing  
Andy’s Produce Market  
Backyard Restaurant  
BiRite Market  
Bohemian Creamery  
Cash ‘n Carry  
Central Milling Company  
Chileno Valley Ranch  
Clif Bar  
Confluence Farm  
Costco Rohnert Park  
County Line Farm  
Coyote Family Farm  
Doug Traeger  
Fircrest Market  
First light farm  
Foggy Bottom Farm  
Forestville Hardware  
Gourmet Mushrooms  
Green Star Farm  
Green Valley  
Community Farm  
Guayaki Yerba Mate  
Half Wild Farm  
Pasture Fresh Eggs  
Joe Matos Cheese Factory  
Katie Pitts  
La Tortilla Factory  
Little Apple Treats  
McClelland Dairy  
Moustache Baked Goods  
North Coast  
Organic Apple Products  
Pacific Market  
Papas ’n Pollo  
Petaluma Creamery  
Piano Farm  
REBBL  
Red Dog Baking  
Retrograde Roasters  
Revive Komucha  
Russian River Vineyard  
Sackyard Garden  
Safeway  
Salmon Creek School Farm  
Sebastopol Hardware  
S.F. Fights Fire Chefs  
Singing Frogs Farm  
Speers Market  
St. Dorothy’s Rest  
Summerfield Farm  
Sweet Dragon  
Baking Company  
Target  
The Giving Gardens  
The Nectary  
Three Leaves Foods  
Victorian Farmstead  
Whole Foods Market  
Wise Acre Farm  
Worker Bee Farm

I served dinner to evacuees last night at St. Stephen’s and was there when Ceres arrived with a fabulous dinner. It meant so much to those people to have a “home” cooked meal – from Sonoma fields and Sonoma kitchens – that was prepared with such thoughtfulness and love. Everyone commented not only on how delicious it was, but how beautiful it all looked. Thank you, from them to you. Your food is life enhancing in spirit and body!

-Vicky

SO grateful for Ceres to support the community in times of mass chaos! We felt nurtured in body and spirit when we needed it the most. Thank you Cathryn and Ceres!!

With gratitude, Wendy Kohatsu, MD  
(providing medical services at Cook Middle School shelter)
GIVE

You make a life-saving difference for our clients, and a life-changing difference for our teen chefs & gardeners. Please help us end the year on a strong financial footing. Every dollar you give funds both nourishing meals delivered to our clients, and mentoring, skills, healthy eating education and community engagement for youth.

Donating to Ceres is a wise investment in the health of our community.

Thank you!

Catering by Ceres brings our delicious, healthy food to your home or office gathering.

From appetizers to full meals, drop-offs to full-service, we’ll work with you to exceed your expectations. And best of all, when you choose Catering by Ceres, you help us nourish our meal program clients, and provide job training skills for Ceres Teen Chefs.

Contact us today 707-829-5833 x304 or catering@ceresproject.org

www.CeresProject.org/Catering

Catering by

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Ceres Community Project
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Let us cater your holiday party!

Celebrating 10 years of empowering teens, building community, and serving healthy meals to our neighbors in need.

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