

Our Clients Need You!

“After surviving a horrific surgery, I underwent 9 months of chemotherapy and even with strong support from friends and family, it was the Ceres program that made a huge difference in my daily life.”

—CERES CLIENT, SV



Thank You

to the following corporate and foundation partners who have provided funding of \$1,000 or more, or over \$2,000 in in-kind donations.

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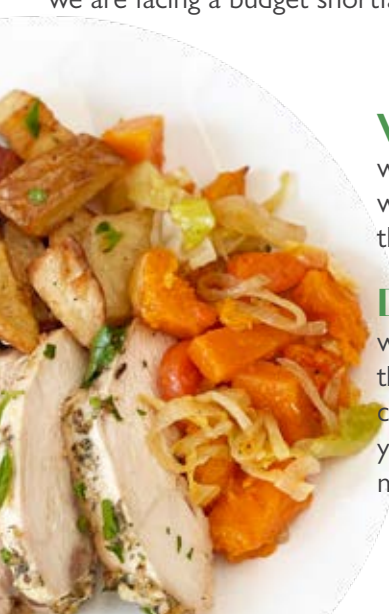
Whole Foods Market

\$1000 3 months of meals for a client

\$170 Nourishes a client and her child for a week

\$85 A week's worth of meals for a client

Donate online at [Ceresproject.org/donatenow](https://ceresproject.org/donatenow)



“It's really important to have access to fresh food. It helped us to eat so much better!”

—FORMER CLIENT, BONNIE



Learn how you can help us keep saying "yes" to clients like Bonnie and their families.

Ceres Community Project
PO Box 1562
Sebastopol CA 95472
707-829-5833 • [CERESPROJECT.ORG](https://ceresproject.org)

All gardens begin with good soil. Thanks to Soiland's generous support, our new garden is thriving!



Thank you Soiland!

“Sponsoring Ceres is a great way for us to give back to the community that supports us. What we like most about Ceres is its commitment to creating quality healthy meals to heal people, paying close attention to every detail from the soil to the plate. In addition, Ceres is a great pathway for people to develop new skills that will aid them in career development, something that Soiland Co., Inc. prides itself on doing for its employees.”

—BRETT ANDERSON, SOILAND



CERES COMMUNITY PROJECT

NEWSLETTER SUMMER 2022



Uplifting Youth Fostering Leaders

by Melissa Hosking, Development Associate

Ceres Community Project is excited to report the return of some much-loved traditions in our Youth Development Program, including client visits, meal-sharing during volunteer shifts, in-person Teen Leader promotion ceremonies, and a Leadership Development retreat for Teen Leaders. These programs are vital for our teen volunteers to feel more connected to each other and to their work.

Social, in-person activities like promotion ceremonies, Leadership Development retreats, and even seemingly small things like sharing food together help our youth grow stronger as a team and bond in a way that Zoom doesn't provide. Ceres strives to be a safe space for teens to build connections, improve leadership skills, gain confidence in their skills, and have positive interactions with peers. Getting out of Zoom and building those skills in person is one way we're doing that.

“I have been at Ceres for three years, and I still get so excited to go to my shifts. I met some of my closest friends through volunteering here, and I feel like there is a strong sense of community at Ceres. I always walk away from my shifts in a better mood than when I arrived. During the lockdowns in 2021, Ceres was one of the only ways I got out and interacted with others. The leadership skills I have gained have also helped me become a much more confident person with my volunteer work and beyond Ceres.” says Cassidy, teen volunteer.

We're excited to bring back these traditions to our youth development program and help our Teen Chefs and Gardeners feel more connected to each other, to the clients, and to their work. Sara, our Garden and Youth Program Manager put it best when she said, “I think the Youth Program is strongest when the teens feel deeply connected to Ceres and to each other. When they hear directly from a client that they helped save their life, it means so much more every day they are at Ceres.”

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Above: the latest group of Teen Leaders in Marin celebrate. Photo by Teen Leader Ian Parnes.

“My son told me that a previous client visited them to speak about how she felt receiving food from Ceres. He said, “I know what we are doing is great, but now it feels epic.”

—PARENT OF TEEN CHEF



Kim, former client and now a Delivery Angel, shares her story with Teen Chefs in Novato.

Client visits help teens to directly see their impact on the community and connect with our clients on a deeper level. By hearing stories of the people they’re serving, our teens grow a stronger connection to their roles. As our Youth Volunteer Coordinator Billy put it, “It completes that circle for most folks. Until that time, they can only think about the clients in the abstract, but to meet them and go back to chopping carrots in the kitchen...those carrots aren’t just carrots anymore, they’re carrots for that client.”



Did you know we now have eight former Teen Chefs and Gardeners on our staff? Meet Lizzy Harris, Culinary Program Assistant and former Teen Chef.

Lizzy was a teen volunteer for a year before becoming an intern; soon after, COVID hit and she was asked to work for Ceres to help with our meal production increase. Now, she works as our Culinary Program Assistant at the Sebastopol kitchen. “What I enjoy most about working at Ceres is the people. I absolutely love my coworkers and the volunteers I get to work with; it always lifts my spirits when I can come in and have an engaging conversation with them.” In her free time, she loves to paint, crochet, and hike on the coast.

New Internship

We’re proud to announce the start of a new youth internship at Ceres, called the Healthy Eating Educator Internship. This 10-week, 15-hour-per-week summer internship will focus on teaching local youth about nutrition, cooking, and gardening, which they will then share with their peers through their own self-developed curriculum. This internship program spans 2½ years for two groups of 12 paid interns, all from different backgrounds who are interested in nutrition and teaching.

During the summer, interns learn to become peer educators for healthy eating by attending Ceres cooking and gardening shifts, food and farm tours, and nutrition education classes. They work directly with our Nutrition Educator, Lauren Bryson, and participate in team building exercises including cooking lunch together every Thursday with local, seasonal ingredients. They’ll then develop their own California crop-focused curriculum for their peers and will offer nutrition and cooking classes in after-school programs, libraries, and community organizations.

“I’m excited to educate and empower youth on the healing powers of plant-based food and have them take what they learn at Ceres out into the community.” says Lauren.



“What I enjoy most working at Ceres is the people.”

—LIZZY,
PROGRAM ASSISTANT

The First Harvest...

Clockwise from top: teens harvesting kale; Garden Manager Sara teaching teen circle; Ceres staff gathering; adult and teen volunteers planting beans, squash, and corn.



After only six months of work on our Sebastopol garden’s new home the transformation is remarkable. We’ve already harvested kale, cabbage, broccoli, lettuce, and more for our clients’ meals. Thanks to a group of generous donors, our volunteers, and work parties, the garden is thriving.

The new garden sits on almost 1½ acres at the Sebastopol Charter School. Our 20-year lease means that we will have a dedicated space to welcome Teen Gardeners for years to come.



Gratitude



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Harvest of the Heart



Purchase tickets at
CeresProject.org/tickets

Early bird prices end August 15

Food and beverage pairings
Live and online auctions

(bid from anywhere!)

An exciting raffle

Stories from our clients and youth

Sunday, September 18, 4 - 7 pm
Gambonini Family Ranch, Petaluma

Our signature fundraising event is back in person at an exciting new venue.

Raise a glass and raise your paddle in support of our clients and youth.

Food thanks to:

Daniel Kedan of the Culinary Institute of America
Oliver’s Market
Park Avenue Catering
Three Leaves Foods
Ceres’ own Teen Chefs, and more!

Beverages thanks to:

Hanson Sonoma Distillery, Henhouse Brewing Company
Inman Family Wines, Iron Horse Vineyards
Lagunitas Brewing Company, Revive Kombucha
Martha Stoumen Wines, Vintage Wine Estates
Wildwood Wines

Learn more at Ceresproject.org/harvest-of-the-heart

email: development2@ceresproject.org



Thanks to our growing list of sponsors

