



CERES COMMUNITY PROJECT

NEWSLETTER FALL 2022

*“The meals made me feel
cared for and loved.”*

—KIM, CERES VOLUNTEER AND
FORMER CLIENT

Giving and receiving

This has been a groundbreaking year for Ceres Community Project, as we're on track to deliver 200,000 meals. That's almost three times the amount in 2019, and more than we delivered during the height of the COVID-19 pandemic. For the past 15 years, we've been making nourishing, love-filled meals for those in our community facing an acute illness; during COVID-19 we expanded to support those with diet-related chronic illnesses and to offer additional meals or a healthy grocery bag to clients facing food insecurity. Now almost half of our clients have a serious chronic illness like heart disease or diabetes. No matter their diagnosis, Ceres is the primary way in which they access the healthy, medically tailored meals needed to manage or improve their condition.

Meet Kim Christensen who, at 35 years old with two small children, was diagnosed with rectal cancer. She began losing weight quickly

and was constantly feeling depleted. Kim recalls, “I started eating Ceres food, which is perfectly balanced with protein and healthy fats, and my energy really went up. The food was delicious and healthy, so I never had to worry about what I or my family was eating.” While receiving Ceres meals, Kim and her sons created a great connection with their Delivery Angel and his two daughters, who accompanied him on routes. These interactions are what stuck with Kim, who felt alone in her struggle before she found Ceres. For many of our clients who are physically isolated or feel alone, the connection that they

have with our volunteers is critical for them in their time of need. Now, Kim's story has come full circle – she is a Delivery Angel and takes her two sons with her to deliver meals.

Kim is just one of thousands of clients we've supported. As part of our commitment to making meals more widely available, we conduct

Say “Yes”

to record demand for meals:
Volunteer or donate if you can

Above: Former client, now Delivery Angel, Kim.

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“I am excited to share with my peers how healthy eating can have a positive impact not only on your body, but your community and the rest of the world.”
—GEMMA, CERES HEALTHY EATING EDUCATOR INTERN

Youth Leading through Peer Education

Ceres Community Project is currently piloting a Healthy Eating Educator Internship with 12 youth selected from Ceres teen program and local schools. The project began with a 10-week summer intensive in which our interns spent their time taking classes, touring farms, and working in our kitchens and gardens. Then they co-authored their own nutrition education curriculum, with 10 classes ranging from “Seasonal Eating and Making Salsa” to “Fall Foods: Sautéed Apple Slices.”

The internship will continue for the rest of the school year, with interns teaching their classes to children and teens in afterschool programs at the YMCA,

Chop’s Teen Club in Santa Rosa, and local libraries. With over 80 classes scheduled, these teens will reach hundreds of local kids with healthy eating messages. Reflecting on the first classes, Sara McCamant, Ceres’ Youth Program Manager, said, “Our interns were excited and did a really good job with the kids. For years we have wanted to find a way for youth in Ceres’ program to share their knowledge about healthy eating, so we are very excited that this is happening!”

The program will continue for a second year beginning next summer. We are grateful to the California Department of Food and Agriculture for their financial support of this internship.

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pilots to demonstrate to insurers and policy makers the impact of home-delivered medically tailored meals. One example is our Perinatal Health Pilot, which provides low-income pregnant women and their families with medically tailored meals and produce “prescriptions.” The goal is to improve maternal health and reduce infant mortality and birth complications. Starting in 2023, this work will be supported by the USDA National Institute of Food and Agriculture.

Another pilot, now completed, supported MediCal patients with uncontrolled hypertension and/or diabetes. After 12 weeks of medically tailored meals, 66% of patients with diabetes had improved their A1c by 1.9 points, on average.

We’ve also contracted with Partnership HealthPlan, the MediCal insurer in our area, to provide medically tailored meals and

groceries to their members who are living with serious and chronic illnesses, using the new MediCal Community Supports benefit which Ceres helped to establish. This funding covers only a portion of our meals but impacts a wide range of low-income people who would otherwise be left to manage their illnesses and diets alone.

Whether through meals we provide locally, or through our advocacy with health insurers and policy makers, we are committed to providing our neighbors with care and nutritious meals tailored to their illness. **Your support can help us provide the same experience that Kim had to hundreds more clients in the year ahead.** “Ceres made me feel cared for and loved. Like a warm hug. Ceres is a warm hug when you’re really scared and not able to care for yourself.”

Recipe



Serves 4
Prep time: 10 minutes
Cooking time: 10 minutes
Vegan (if using agave syrup
and almond cheese)
Gluten-free

Harvest Kale Salad

A delicious seasonal salad from our new cookbook

For a festive presentation, serve the salad in a roasted Delicata squash half.

Ingredients

2 Tbsp apple cider vinegar
¼ cup olive oil
½ Tbsp honey or agave syrup
¼ tsp salt
¼ tsp ground black pepper
3 cups baby kale, stemmed and chopped
1 golden beet, peeled, roasted and diced small; or raw and grated
¼ cup unsweetened dried cranberries
¼ cup raw shelled pumpkin seeds (pepitas)
¼ cup crumbled almond cheese or feta
Optional: Delicata squash, halved, seeded and roasted cut side down on a parchment-lined baking sheet, 30 - 40 minutes at 350 °F.

Instructions

In a small bowl, whisk together vinegar, oil and honey; add salt and pepper to taste.

In a large salad bowl, mix together the kale, beets, dried cranberries, pepitas, and cheese. Toss with dressing. Refrigerate or serve immediately.

Shop our Store for Holiday Gifts!



**NOURISHING
COMMUNITY**
Healing Recipes Made with Love

From the Ceres Affiliate Partner Family

Support our clients and youth with your gift-giving this year. Our online store features locally made organic cotton tee-shirts, water bottles, our cookbooks and more! *Nourishing Community, Healing Recipes Made with Love*, tells the story of how Ceres and our Affiliate Partners are working to transform our communities, one meal at a time.

Available at ceresproject.org/store
All proceeds benefit our programs



Who We Serve

at a glance

46.5%

People of Color

↑ +70%*

84.9%

Income <\$25,000/yr

↑ +10%*

57.8%

Aged 60+

66.8%

Female

Diagnosis

46.6%

Chronic illness¹

25.7%

Cancer

5%

Covid

22.7%

Other



Numbers from 2021

* Percentage change from 2020

¹Includes diabetes, COPD, heart disease

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


Amy's Kitchen
Bancroft Foundation
California Fire Foundation
City of Sebastopol
Clif Family Foundation
Clover Sonoma
Costco Wholesale Corporation
Gourmet Mushrooms
Keysight Technologies
O'Reilly Media

Premier Organics/Artisana Organic Food
Redwood Hill Farm & Creamery, Inc.
Rippleworks
Rotary Club of Rohnert Park-Cotati
Silicon Valley Bank
Sonoma County Area Agency on Aging
The Ahlsten Foundation
The Kimball Foundation
Traditional Medicinals Foundation
Whole Foods Market



DEAR CERES: THANK YOU FOR PROVIDING MEALS & FOOD DURING MY RECOVERY. IT MADE MY LIFE SO MUCH EASIER. NOW MY SERVICE FROM YOU HAS ENDED BUT I WILL NEVER FORGET YOUR LOVE & KINDNESS TO ME AS I GET WELL. I CAN'T EXPRESS HOW GRATEFUL I AM.

CP. 1 CERES



Above: Ceres turkey chili and a note from a grateful Ceres client.

We are grateful to Silicon Valley Bank for helping to nourish our clients.

“Our team is proud to support Ceres’ efforts and we believe they are a model for how to redefine community engagement, both in terms of providing organic, medically tailored meals while also fostering empowerment of local teens as they develop important life skills.”

— SARA CHRISMAN BJERKAN

svb Silicon Valley Bank

Did you know?

We serve clients of all ages plus their household members

While most of our clients are seniors, one of the unique things about Ceres is that we serve clients of all ages, often with multiple health issues. "Andy" is 37. His Asperger's diagnosis impacts his independence. But while he can't cook for himself, he is able to heat up healthy meals from Ceres. Andy's health conditions include diabetes, asthma and sleep apnea. His mother credits Ceres' meals with helping Andy drop 67 pounds since the start of our service, when he weighed close to 400 pounds.

Harvest of the Heart



Thank you to our guests, sponsors, volunteers, staff, bidders and auction donors who made this year's event a success.

We raised over \$300,000 to nourish our clients and engage youth. Contact us about sponsoring our 2023 event at evie@ceresproject.org





“When I teach teen volunteers about cooking, I encourage in them gratitude, reverence and wonder. Working with others, for others, is a beautiful path that all youth at Ceres have a choice of making.”

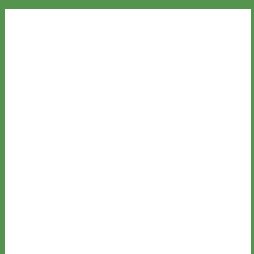
— ISABELLA GARCIA, ASSISTANT CHEF, FORMER TEEN CHEF

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Help make the holidays happy!

Donate Now

With the cost of food rising, our meals are more crucial than ever for those facing the dual challenge of limited financial means and a serious illness. Please give generously to help us provide this life-saving service to our community.



online at
Ceresproject.org/falldonate

