



“What brings me back to Ceres is that it brings me immense joy!”

—DIPA, CERES VOLUNTEER

Celebrating *Adult volunteers*

Ceres Community Project relies on an immense number of volunteers to accomplish our mission. They help us deliver free and low-cost nutritious meals to our community members facing an acute or chronic illness and they empower teens (our primary chefs and gardeners) through our Youth Development Program. We often shed light on teen volunteers and our clients, but what about the glue that holds everything together—our adult volunteers! In 2021, 566 adult volunteers helped to mentor and support 325 youth volunteers and deliver more than 180,000 meals to 1,609 clients.

Meet three adult volunteers: Dipa, a kitchen volunteer at the Novato kitchen; Lien, a kitchen and delivery support volunteer at the Santa Rosa kitchen; and Marshall, a Garden Mentor at the Santa Rosa garden.

Dipa started volunteering as a Delivery Angel in 2020, out of a love for giving back to the community, then transitioned to working with teens in the kitchen. She's now volunteered 170 hours with Ceres! “What brings me back [to Ceres] is that it brings me immense joy. So basically, I'm helping myself.”

2021
BY THE NUMBERS

We delivered 50,000 more meals than we planned to last year as COVID continued to impact our work.

181,215
NUMBER OF
MEALS DELIVERED

CLIENTS SERVED
1,609

325
TEEN CHEFS &
GARDENERS

27,891
HOURS OF ADULT
VOLUNTEER
SERVICE

increase in
adult volunteer hours

55.3%



“We can all make a difference.”

—LIEN, CERES VOLUNTEER



Lien with a bag of Ceres medically-tailored meals out for delivery

Lien echoed Dipa’s thoughts, “It’s very fulfilling. I enjoy that in some small way, we can all make a difference through volunteering...It helps us and helps our community to thrive.”

Lien began volunteering in order to have a shared experience with her daughter, who was enrolling in the Ceres Youth Development Program. She began in kitchen prep, and took on a secondary volunteer shift as a delivery support person, where she helps our volunteer team get the correct meal bags into our Delivery Angels’ cars. “It’s nice to see it all flow, and that’s why I like to do more than one part. It kind of gives you a full circle of what it does [for our clients].”

What’s amazing is that Lien isn’t unique in this regard. Matt Cadigan, Volunteer Coordinator, said, “...a lot of the folks we have are happy to take on additional roles. They’re very much here to be a part of the community.” Our adult volunteers are the backbone of our work: they help to mentor and empower teens in our kitchens and gardens, they are the friendly face that our clients get to see with their meal deliveries, and they provide support to staff in a variety of roles. According to a 2018 study, volunteering results in increased mental health, life satisfaction, social wellbeing, and a decrease in depression. As Matt said, “It’s not just a job, it’s something that is more fulfilling. You’re doing something to support your home, your area, and the people within it.”



Marshall in the Santa Rosa garden, picking kale with new Teen Gardeners and Garden Coordinator, Joey

At Ceres, we want to ensure that everyone is as safe as possible during their volunteer shifts. Volunteers must be vaccinated, masked, have their temperature checked, and keep their distance as much as possible. Our strict guidelines have resulted in zero transmissions of COVID to date!

Marshall, who began on the bagging shift at the kitchen, and later became a Garden Mentor, said about our COVID safety protocols: “[While volunteering in the kitchen] I soon lost any trepidation of COVID, and when I got to the garden shift, that’s all outdoors so that’s an added feeling of security.” Marshall shared that he loves being able to learn more about gardening while also volunteering, but what keeps him coming back to Ceres is the teen volunteers. “They seem to really get a lot out of it and enjoy it. That’s what really makes it worth it.”

We are so incredibly grateful for the work that our volunteers provide. Volunteers help people like Kim, one of our

clients from Marin, who wrote to us to give thanks to our volunteers:

“Service has been absolutely stellar. From the delivery by warm, caring volunteers to the food. The food is delicious and unbelievably customized. Every delivery includes a card that I look forward to every week. Unbelievable caring, loving and healing. I've kept every card. Being a client of Ceres has blessed me with significant healing over the last 24 weeks.”

We need more volunteers, especially in our Santa Rosa kitchen. If you, or someone you know, wish to volunteer, visit ceresproject.org/volunteer/adults or email us at volunteer@ceresproject.org. If you’re hesitant about applying, consider Lien’s words about volunteering: “We’re all diverse and different, but when we all have the same goal of trying to do good for the community...it touches all facets of anyone’s lives. I can’t imagine anyone who couldn’t thrive.”

“The teen volunteers seem to really get alot out of it —that's what really makes it worth it.”

—CERES VOLUNTEER, MARSHALL



Thank You

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

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Thank You!

Teen Leader Teagan at our Santa Rosa Kitchen

Harvest of the Heart



♥ **Sunday, September 18** ♥

Gambonini Family Ranch, Petaluma

Back in person by popular demand!

Food and beverage pairings • Silent and live auctions • An exciting raffle and much more!

*Help make our biggest fundraiser of the year a success!
Contact us about sponsorship opportunities,
hosting a table, or donating items to our auction.
Learn more at ceresproject.org/harvest-of-the-heart*

*Join us as we celebrate the return of our
signature event at an exciting new venue*

email: development@ceresproject.org



Virtual Classes



Wednesdays, 5:30-6:45pm
Sliding scale \$0 - \$40 per person

Join our food and health classes from anywhere, on zoom! Amanda Newman-Crutcher, Nutrition Education Manager, teaches informational and inspiring classes.

Learn more at ceresproject.org/classes

Sponsoring a class can provide visibility for your business and a learning opportunity for your employees.

Contact evie@ceresproject.org to learn more

MAR

9 Nutrition to Prevent and Heal Breast Cancer with breast cancer surgeon Dr. Lisa Tito.

30 Brain Health

Learn how your food choices can fuel a healthy mental state now and as you age.

APR

13 Spring Healthy Eating: Celebrate the Season
Bring the freshness of spring into the kitchen.

27 Sauces, Dips and Dressings

MAY

11 Understanding the Three Macronutrients
Make the healthiest choices for your wellness goals.

25 Building a Better Breakfast
Set yourself up for a day of health!



A New Garden!



Ceres Community Project
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Ceres Garden Manager, Sara, digging in at the new Sebastopol Garden home at Sebastopol Charter School. Watch the move unfold and get involved by following us on our blog and on social media.
ceresproject.org/moving-the-garden

A Big Thank You

Gourmet Mushrooms regularly donates fantastic mushrooms that are used in numerous nutritious and tasty meals that nourish our clients, such as Ceres' famous mushroom soup, pictured right.



Try the recipe at:
Ceresproject.org/blog/mushroom-bisque-recipe

