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KALE CLUB

by Reilly Briggs, Policy Coordinator, Ceres Community Project

Help Your Community
Join our volunteer family! Learn more inside or email volunteer@ceresproject.org

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CERES COMMUNITY PROJECT

SPRING 2021 NEWSLETTER

BY THE NUMBERS

183,761
NUMBER OF MEALS DELIVERED

104,339
more than in 2019

1,579
CLIENTS SERVED

% increase in Latina clients

407%

324
TEEN CHEFS & GARDENERS

616
ADULT VOLUNTEERS

$38,000
VALUE OF ORGANIC PRODUCE GROWN IN CERES GARDENS

COMMUNITY PROJECT

“Nobody’s perfect, but EVERYONE can be awesome”

Ceres Project
PO Box 1562
Sebastopol CA 95472
707·829·5833 • CeresProject.org

by Rebecca Blake, Policy Coordinator, Ceres Community Project

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Read more about these opportunities inside.
Harvest of the Heart
September 18

Youth Resilience

Sarah shared: “I really struggle when there isn’t a lot of interaction, especially in school. It’s really hard to focus. If I’m in my room all day, staring at my computer, I just get really frustrated and stop learning very much... it seems like it’s never gonna get, and what’s next?”

Ceres Community Project provides a safe, supportive, and stable space for youth to have positive interactions with peers and mentors, develop decision-making skills, build resilience, work together as a team, and garner confidence. Our youth program is centered around positive youth development and rooted in evidence-based practices to support the growth and development of youth into leaders. “My favorite part of volunteering is seeing kids grow,” said Owen. “I just feel really good at what she does, and she’s someone I’ve always been able to talk to. She also is a great mentor; even if there’s something she doesn’t know a ton about, she still finds a way to be a valuable part of the conversation.”

While our Santa Rosa and Sebastopol kitchens were closed to volunteers at the start of the pandemic, our gardens and San Rafael kitchen stayed open, and our youth had the opportunity to volunteer and contribute to that community during the pandemic. Owen said that “Consistent is a really good word to describe volunteering at Ceres during the pandemic. Because during COVID, you kind of lose track of the days, but Ceres is a way to at least keep track of my days and have something to build around.”

Volunteering is shown to help build trustworthiness, strong social networks, and improve general well-being. It’s also been proven to boost your mood, and our youth volunteers express the same sentiment. “It’s usually very de-stressing. It’s very fulfilling, and helps you look back on your day in a more positive light. ‘There’s something very grounding about it’” said Owen about volunteering in the garden. Sarah said that “Ceres is like a haven for me. It’s filled with people I connect with, and I always know that I’ve helped the community and I’ve helped myself.”

Self-care is crucial for emotional resilience, managing stress, and improving our outlook. For Sarah, self-care looks like practicing the violin, going on runs with her dog, and baking. Cooking new recipes (especially Indian food!), adventuring, and playing music helps Eric unwind. Owen volunteers and surfs with his friends to help cope with the daily stresses of life. Other key elements of self-care include a nutritious diet and getting enough sleep.

This is a condensed version of an article from our biannually Distributed Resources. Read the full article for helpful mental health and self-care resources at ceresproject.org/mentalhealth.

Volunteers needed!

We especially need adult volunteers to prepare and deliver meals in Santa Rosa county. We offer rigorous attention to food safety, small shifts and many days and times to choose from. A safe, fun, and rewarding way to give back. Email volunteer@ceresproject.org

Virtual Classes

Now you can join one of our food and health classes anywhere in the world! Our classes are international and inspiring. Amanda Nooren-Crucherise, Ceres’ Nutrition Education & Services Manager, teaches in English, Spanish-language classes taught by Sandra Teker.

FEBRUARY

4	Comida para mejorar la inmunsidad

MARCH

3	Prevent or Reverse Metabolic Illness: Blood pressure, blood sugars, triglycerides, waist size and healthy lipoproteins

10	Rainnigroning Breakfast!

Start the day with a protein-rich meal to fuel your body and mind.

17	Rainnigroning Lunch

Inspiring, simple meals to enjoy at work, home or school.

24	Rainnigroning Dinner

Create a food masterpiece – get out of your dinner rut.

21	Comida para una mejor diet

APRIL

1	Spring Clean Eating

Explore tools and foods that support healthy diets.

4	Curious about food sensitivities or allergies?

An elimination diet can help clarify triggering foods.

21	Sauces, Dips and Dressings

To support a diet rich in vegetables.

28	Alimentos para mejorar la inmunidad

MAY

5	Enhancing Digestion with Nutrition and Herbs

How and what you eat can relieve digestive tension.

31	Comidas para mejorar la inmunidad

Spanish-language classes taught by Sandra Teker.

JUNE

6	Eating to Support the Immune System

Want and what you eat can strengthen your immune system.

13	Dining for Weight Loss

Eat to lose weight.

22	How and what you eat can support healthy digestion.

Teens Share Self-Care Tactics

Eat the rainbow for health.

19	Learning to Love Vegetables!

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Join us for our summer classes at the Ceres Project.

Our annual gala raises funds to sustain our neighbors living with a serious health challenge and to empower teens to become healthy, engaged leaders and changemakers.

Support our virtual event:
• Get visibility for your business as an event sponsor
• Become a Ceres Champion: start a Peer-to-Peer fundraiser

Email volunteer@ceresproject.org or 707.829.5833 x131

lgiacomini@ceresproject.org or 707.829.5833 x131

To support a diet rich in vegetables.

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While our Santa Rosa and Sebastopol kitchen stays open, and our youth had the opportunity to volunteer and contribute to the community during the pandemic. Owen said that “Constant is a really good word to describe volunteering at Ceres during the pandemic. Because during COVID, you kind of lose track of the day, but Ceres is a way too lean and keep track of what days and have something to build around.”

Volunteering is shown to help build trustworthy relationships, strong social networks, and improved general well-being. It’s also been proven to boost your mood, and our youth volunteers express the same sentiment. “It’s usually very de-stressing! It’s very fulfilling, and it helps you look back on your day in a more positive light. There’s something very rewarding about it,” says a volunteer in the garden. Sarah said that “Ceres is like a haven for me. It’s filled with people who are connected with, and I always know that ‘I’ve helped the community and I’ve helped myself.”

Youth Resilience
September 18

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Our annual pot class funds to support our neighbors with a serious health challenge and to empower teens to become healthy, engaged leaders and changemakers.

Self-care is crucial for emotional resilience, managing stress, and improving our outlook. For Sarah, self-care looks like practicing the ukulele, going out runs with her dog, and baking. Cooking new recipes (especially Indian food!), activism, and playing music helps Eric unwind. Owen volunteers and suits with his friends to cope with the daily stressors of life. Other key elements of self-care include a nutritious diet and getting enough sleep.

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February
MARCH

16 Comida para mejorar la inmunidad
March 3
Prevent or Reverse Metabolic Disease: Blood pressure, blood sugars, triglycerides, waist sizes, and healthy lifestyles
10 Rainbathing Breakfast: Start the day with a prosthetics meal to fuel your body and mind.
17 Rainbathing Lunch: Inspiring, simple meals to enjoy at work, home or school.
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MARCH

APRIL

1 Snacking Clean Eating: Explore tasty foods that support healthy diets.
4 Curious about food sensitivities or allergies? An elimination diet can help clarify triggering foods.
10 Sauces, Dips and Dressings: To support a diet rich in vegetables.
17 Alimentos para mejorar la Autoestima: May
3 Enhancing Digestion with Nutrition and Herbs: How and what you can eat to relieve digestive distress.
10 Making Healing Broths to Boost Nutrients and Taste: Enjoy soups alone or as part of any meal or meal.
17 Learning to Love Vegetables: Eat the rainbow for health.
24 Bathroom, count plate principle: Spanning a clean eating lifestyle for your business and a learning opportunity for your employees.

Contact evie@ceresproject.org or learn more.
I love the soup—it's the best part. I feel the camaraderie between the ages. They write—they are so sincere and beautiful. It's good to help me to feel connected to others. I love knowing by much of society. Ceres takes good care of me and my health. It seems like as we get older we are forgotten. I am so grateful for Ceres' meals. I feel much more positive light. There's something very grounding about it,” Eric said about volunteering at Ceres during the pandemic. Because during COVID, you can't have something to build around. “Volunteering is shown to help build trustworthiness, strong social networks, and improved general well-being. It's also been proven to boost your mood, and our youth volunteers express the same sentiment. “It's a way to at least keep track of my days and have something to build around,” says Owen. While our Santa Rosa and Sebastopol kitchens were closed to volunteers at the start of shelter-in-place, our gardens and San Rafael kitchen stayed open, and our youth had the opportunity to volunteer and contribute to that community during the pandemic. Owen said that “Constant is a really good word to describe volunteering at Ceres during the pandemic. Because during COVID, you kind of lose track of the day, but Ceres is a way to at least keep track of my days and have something to build around.” Volunteering is shown to help build trustworthiness, strong social networks, and improved general well-being. It's also been proven to boost your mood, and our youth volunteers express the same sentiment. “It's usually very de-stressing! It's very fulfilling, and helps you look back on your day in a more positive light. “There's something very grounding about it,” Eric said about volunteering in the garden. “Sarah said that ‘Ceres is like a haven for me. It's filled with people to connect with, and I always knew I was helping the community and I've helped myself.”
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Youth resilience

by Reilly Briggs, Policy Coordinator, Ceres Community Project

resilience [-9x799]

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