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A New Garden!

Ceres Community Project
PO Box 551
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Adult volunteers

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

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Celebrating Adult volunteers

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Dipa in the Ceres Novato kitchen, removing bones from salmon filets with Teen Leader Amelia

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

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Almosby Charity Fund Trust - San Rafael Elks Lodge
American AgCredit
Bridgwater Foundation
ChildServe
CMC Mushrooms, Inc.
Community Foundation Sonoma County
Doughnut Pioneers (IT Support)
Earthrise Construction
Flowers for Good
Gourmet Mushrooms
Gris-Li Foundation
Harbor Point Charitable Foundation
Jenner Family Foundation
MarinHealth Medical Center
Moss Adams LLP
OMW Corporation
Presbyterian Church of Novato
Safeway Foundation
SCAN Health Plan
Silicon Valley Bank
Sonoma-Cutrer Vineyards
Sonoma Federal Credit Union
SPARC
Speedway Children’s Charities Sonoma Chapter
Sutter Medical Group of the Redwoods
Sutter Pacific Medical Foundation
Syar Foundation
The Kimball Foundation
World Centric

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

Learn more at ceresproject.org

Virtual Classes

Wednesday, 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.

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.
10 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.
31 Building a Better Breakfast

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Christian Science
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Community Foundation Sonoma County
D Psalm P Montreal IT Support
Earthrise Construction
Felicity Bank
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Giantz Mushrooms
Grazie LI Foundation
Harbor Point Charitable Foundation
Jesuit Giving Foundation
MarinHealth Medical Center
Merrill Lynch
Moss Adams LLP
O'Reilly Media
OMW Corporation
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We can all make a difference.”

—LIEN, CERES VOLUNTEER

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

1,609

CLIENTS SERVED

325

TEEN CHEFS & GARDENERS

27,891

HOURS OF ADULT VOLUNTEER SERVICE

BY THE NUMBERS

increase in adult volunteer hours

55.3%

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

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