we are facing a budget shortfall of $192,000 this year. Food and packaging costs are running $16,000 per month above budget. That means because of inflation and those extra 25,000 meals we expect to deliver this year, our facing several challenges. We’re working hard to keep saying “yes” to clients like “SV” and Bonnie, but we are are back in place after a pandemic pause (see article on page 1). That means we’re on track to deliver 200,000 meals this year – 25,000 more than the 175,000 we budgeted for this year. Beloved aspects of our Youth Development Program are feeling the impacts of inflation too, making our...
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“I enjoy most working at Ceres is the people.” —LIZZY, PROGRAM ASSISTANT

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 Bryn, and participate in team building exercises including cooking lunch together every Thursday with local, seasonal ingredients. They then develop their own California crop-focused curriculum for their peers and sell all of their work through their own real-world makerspaces.

“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.”

“After only six months of work on our Sebastopol garden’s new home the transformation is remarkable. It’s no longer a dirt field, 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.”

“Thanks to our growing list of sponsors...”

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Dishwasher thanks to: Daniel Redfield of the Culinary Institute of America; Olive’s Market; Park Avenue Catering; Three Leaves Food; Ceres’ own Teen Chefs, and more! Learn more at CeresProject.org/harvest-of-the-heart

Food thanks to: Hamilton Brewing Company; Humble and Humble; Inman Family Wines; Iron Horse Vineyards; Lynmar Brewing Company; Sonoma Kombucha; Sonoma Mission Fig; Terra Mia Farm; Vineland Wines; Wildwood Wines

Beverages thanks to: Bryan Huggins Lynmar Estate; Chokmalichi Farm; Grab ‘n Grow; Joanne and Terry Dale; JoEllen and Henry DeNicola; Karmendra Rossi; Occidental Arts & Ecology Center; World Centric; 915 Wild Creek Family Wines; Badger Ranch; Traditional Medicinals; Hanson Sonoma Distillery; Henhouse Brewing Company; Inman Family Wines; Iron Horse Vineyards; John & Diane Fitzpatrick; John & Mary Masterson; Justin & Amy Phillips; Karmendra Rossi; Marcy’s Hauling; Willow Creek Wealth Management; Wells Fargo; Paleo Family; Dunn Family; Sinner & Vinaigrette; Bialy Bros. Tofu; 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. “If I enjoy most about working at Ceres is the people. Absolutely how 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.

“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

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