Meet Ceres Community Project’s newest board members – three of our own Teen Leaders who serve on our board to make a bigger impact. Say hello to…

Lucy Fosnight has been serving in her high school student government for three years and is also a student liaison and educator at a local high school. She started volunteering at our original Internship cohort and has been volunteering with Ceres since September 2021. She is a confident public speaker, has a curious mind, and is enthusiastic about her new role in our organization.

Esther Luvishis a junior in high school, where she is the President of Student Government to major in Environmental Sciences, a passion that grew from her time at Ceres. Esther Luvishis a sophomore at Maria Carrillo High School and has been volunteering at Ceres for over a year and a half. Esther is passionate about Ceres and is excited to be on the board as she can bring a teen’s perspective to our organization. She is a confident public speaker, has a curious mind, and is enthusiastic about her new role in our organization.

Leanna has been volunteering since March 2021. Leanna is a junior in high school, where she is the President of the American Red Cross Club, a peer tutor for her classmates, and the team captain of her sport teams. She is excited to share her ideas and expertise as a longtime teen volunteer.

Teen board members serve an important role in our organization by providing representation for our teen Chefs, ensuring that all members of our organization have a voice and say in our decisions.

Our Founder and CEO, Cathryn Couch, shares: “Engaging and empowering young people has been core to Ceres’ mission since our first day in March 2007 when six teens and I cooked meals for four families who were living with cancer and other serious health conditions. Teen voices serve as fully voting members on our board of directors – which we’ve done since 2013 — is the logical extension of that. These voices are critical to ensuring we make the best decisions for our clients and community, and in the process they gain valuable experience about what goes into managing a successful nonprofit organization.”

Calling all Volunteers!

We need more adult and teen volunteers to help us nourish our community. Pass this newsletter on to a friend or family member. Ceres is a fun and rewarding place to spend a few hours a week making a difference!

CeresProject.org/volunteernow

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—CERES COMMUNITY PROJECT NEWSLETTER SUMMER 2023

What makes the Ceres food so special? The magic, the caring, the respect, the real affection that goes into it all.”

—CERES FORMER CLIENT, CHOQOSH

Kim Madron works with our Executive Chef, John Littlewood, to develop recipes and meal plans that are based on whole, organic, local foods. Kim reviews the referral forms submitted by new clients’ physicians and assigns them to the meal plan that meets their needs. The specialized meals, plus access to an RDN and nutrition education resources, assist clients in learning to self-manage their medical conditions, leading to better long-term health outcomes and lower healthcare costs.

Every meal is made and delivered with care by our teen and adult volunteers. What Choqosh loved most about Ceres were the aromas and conversations from our Delivery Angels, as well as the flower bouquets which accompanied her meals each week. Those interactions were some of the only ones she had all last stop when coming out of the community. The flowers...
Choqosh enjoying our Santa Rosa garden.

The food is a ten, but the flowers take it over the moon. Many of our clients’ experiences echo Choqosh’s – they are alone, unable to easily cook or grocery shop, and are faced with few easy, affordable options that meet their health needs.

Thanks to Ceres’ unique model, our clients aren’t the only ones who benefit. Our youth and adult volunteers also tell us that their eating habits improve, and that they feel more connected to their community thanks to the time they give at Ceres. Choqosh recalls that “each meal was an education in what was good to eat and what was not.” She now makes more conscious health choices due to Ceres’ meals and though she still struggles with diabetes, we’re happy to report that she’s now taking less medication and feels better overall.

Choqosh is just one of thousands of Ceres clients whose lives and eating habits have changed for the better. With the support of our community, we can help thousands more. Visit CeresProject.org/blog to learn more about the history and promise of medically tailored meals.
Meet Ceres Community Project’s newest board members – three of our own Teen Leaders who serve on our board to make a bigger impact. Say hello to:

Lucy Fosnight was part of our first Healthy Eating Educator internship cohort and has been volunteering with Ceres since September 2021. She started volunteering at our original Sebastopol Garden and helped build our new garden last year. Lucy has been serving in her high school government student club for three years and is also an student liaison educator and local at a regional reproductive health clinic in Sebastopol. She’ll soon be attending Sonoma State to major in Environmental Sciences, a passion which grew from her time at Ceres.

Esther Luvishis is a sophomore at Maria Carrillo High School which grew from her time at Ceres. She’ll soon be attending Sonoma State to major in Environmental Sciences, a passion which grew from her time at Ceres.

Leanna Baltonado has been volunteering since March 2021. Leanna is a junior in high school, where she is the President of the American Red Cross Club, a peer tutor for her classmates, and the team captain of her sports team. She is excited to share her ideas and expertise as a longtime teen volunteer.

Teen board members serve an important role in our organization by providing representation for our “Teen Chefs,” ensuring that all members of our organization have a voice and say in our decisions.

Our founder and CEO, Cathryn Couch, shares: “Engaging and empowering young people has been core to Ceres’ mission since our first day in March 2007 when 6 teens and I cooked meals for four families who were living with cancer and other serious health conditions. Having teens serve as fully voting members on our board of directors – which we’ve done since 2013 – is the logical extension of that. Their voices are critical to ensuring we make the best decisions for our clients and community, and in the process they gain valuable experience about what goes into managing a successful nonprofit organization.”

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calling all Volunteers!

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Join us in celebrating these Teen Chefs & Gardeners as we grow into the world with you.

** Volunteer hours

Kim Madern works with our Executive Chef John Littlewood, to develop recipes and meal plans that are based on whole, organic, local foods. Kim reviewed the referral forms submitted by new clients’ physicians and assigned them to the meal plan that meets their needs. The specialized meals, plus access to an RDN and nutrition education resources, assist clients in learning to self-manage their medical conditions, leading to better long-term health outcomes and lower healthcare costs.

Every meal is made and delivered with care by our teen and adult volunteers. What Choqosh loved most about Ceres were the smiles and conversations from our Delivery Angels, as well as the flower bouquets which accompanied her meals each week. Those interactions were some of the only ones she had all last year, but stayed gone out the community. The flowers...
picked from our gardens made her feel special. “I just felt loved. The food is a ten, but the flowers take it over the moon.” Many of our clients’ experiences echo Choqosh’s – they are alone, unable to easily cook or grocery shop, and are faced with few easy, affordable options that meet their health needs.

Thanks to Ceres’ unique model, our clients aren’t the only ones who benefit. Our youth and adult volunteers also tell us that their eating habits improve, and that they feel more connected to their community thanks to the time they give at Ceres. Choqosh recalls that “each meal was an education in what was good to eat and what was not.” She now makes more conscious health choices due to Ceres’ meals and though she still struggles with diabetes, we’re happy to report that she’s now taking less medication and feels better overall. Choqosh is just one of thousands of Ceres clients whose lives and eating habits have changed for the better. With the support of our community, we can help thousands more.

Visit CeresProject.org/blog to learn more about the history and promise of medically tailored meals.

“After surgery, I couldn’t focus to follow a recipe or trust myself to cook, so the Ceres meals were really helpful, and they were geared to my health needs.”

Shop to Give Back

Make your shopping count. These stores will donate to Ceres when you designate us.

Fircrest Market
Mollie Stone’s
Oliver’s Market
Petaluma Market
Scotty’s Market
Sports Basement
Woodlands Market
Or any other eScrip store

Send a bit of Ceres to a friend or family member. One of our cookbooks makes a great gift, especially for someone who is facing an illness but doesn’t live in Marin or Sonoma counties. Get our cookbooks and much more in our online store at: ceresproject.org/shop-to-give-back
to the following corporate and foundation partners who have granted generous gifts of $1,000 or more, or over $2,000 in kind donations.

The Ahlsten Foundation
Bill Graham Supporting Foundation of the Jewish Community Federation
Bill Graham Supporting Foundation of the Jewish Community Federation Endowment Fund
Buck Family Fund of Marin Community Foundation
Community Foundation Sonoma County
County of Sonoma Board of Supervisors
Domaine Carneros
Exchange Bank Foundation
glassybaby foundation
Gourmet Mushrooms, Inc.
Oliver’s Market
Presbyterian Church of Novato
Redwood Riders Motorcycle Club
Rotary Club of Sebastopol
Santa Rosa Behavioral Healthcare Hospital
To Celebrate Life Breast Cancer Foundation

In our last newsletter, we honored the 582 adults who volunteered 300+ hours of their time and talents to Ceres in 2022. Since April, the following individuals surpassed 100 hours.

Samantha Basile
Debbie Deshazer
Renate Bohlen
Teresa Hatfield
Nick Hocking
Ruthanne Jones
Suzanne Marks
Charlene McDaniel
Stefan McElvain
Trisha McElvain
Bridget Place
Buck Shortridge
Alicia Ballard
John Blattner
Brenda Ballinger
Lowell Nigge
Susan Wine

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Thanks to our growing list of sponsors!
Celebrating Youth

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Lucy, Esther and Leanna.

Lucy Gopidass

From left: Lucy, Esther and Leanna at work in our kitchens and gardens.

Lucy is a junior in high school and has been volunteering at Ceres for over a year and a half. She is the President of the American Red Cross Club, a peer tutor for her classmates, and the team captain of her sports team. She is excited to share her ideas and expertise as a longtime teen volunteer.

Esther Luvish

Esther is passionate about Ceres and is excited to be on our board as she can bring a teen’s perspective to our organization. She is a confident public speaker, has a curious mind, and is enthusiastic about her new role in our organization.

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Choopash Monroy is a former Ceres client who needed our meals during a long battle with diabetes. For over ten years, Choopash’s illness was slowly but surely getting worse. She was on two types of insulin and was very isolated due to COVID-19 pandemic. “I would just grab something convenient that would fill up the empty space. But once Ceres offered meals on a medical need basis, it helped me get a hold of my eating and control my diabetes,” says Choopash.

Like Choopash, all of our clients are living with one or more serious health conditions that make it difficult to shop and cook. Our meals are medically tailored, meaning that they are customized to a client’s medical condition. Our Registered Dietitian Nutritionist (RDN), Melissa Hosking, works with our Executive Chef, John Littlewood, to develop recipes and meal plans that are based on whole, organic, local foods. Melissa reviews the referral forms submitted by new clients’ physicians and assigns them to the meal plan that meets their needs. The specialized meals, plus access to an RDN and nutrition education resources, assist clients in learning to self-manage their medical conditions, leading to better long-term health outcomes and lower healthcare costs.

Every meal is mailed and delivered with care by our teen and adult volunteers. What Choopash loved most about Ceres were the friendships, the smiles and the conversations from our Delivery Angels, as well as the flower bouquets which accompanied her meals each week. Those interactions were some of the only ones she had all last summer before going out to the community. The flowers...