

ANNUAL REPORT

23

A New Leaf





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## Message from the Executive Director

As we look back on 2023, the journey at The Nourish and Develop Foundation (TNDF) has been one of renewal and transformation. With our refreshed mission, vision, and values, and the completion of our strategic planning process with Laridae, we turned over "A New Leaf."

This year, our commitment to connecting people with nourishing food and supportive resources has only deepened. We expanded our services, embraced innovative solutions, and strengthened our community connections. From new initiatives in our Food Services branch to the development of our Social Services branch, each step has been guided by our belief that everyone deserves access to nourishing food and safe housing.

Our successes are rooted in the dedication of our staff, volunteers, partners, and donors. Their unwavering support has been crucial in overcoming challenges and achieving milestones. Together, we have created and shared many moments of hope and progress, reaffirming our shared ability to drive lasting change.

Looking ahead to 2024, we are filled with a renewed sense of purpose and optimism. Thank you for standing with us. Join us as we continue to work toward a community where everyone has the food, shelter, and support they need to thrive.

In solidarity,



**Jessica Topfer**  
Executive Director



## About TNDF

Welcome to The Nourish and Develop Foundation’s 2023 Annual Report!

We are a multi-service agency that operates across two key service branches, Food Services and Social Services, to provide low-barrier support to those in need. We have served Brock Township and surrounding areas from our Cannington office since 2008.

We invite you to explore the many programs, events, and partnerships we operated in 2023 that enhanced food security and provided safe housing for those at risk of homelessness. We are proud of our progress and are excited to turn a new leaf as we continue to work towards our mission in 2024.



## Our Mission

We are on a mission to connect people to nourishing food and supportive resources, empowering the community to come together to develop lasting change.



## Our Vision

We have a vision of a thriving community where everyone is food secure, safely housed, and well supported.

## Our Values



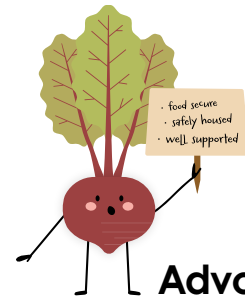
### Curiosity

Our team is geared towards learning and non-judgement. We ask questions and listen to answers, recognizing that everyone has something valuable to contribute to what we do.



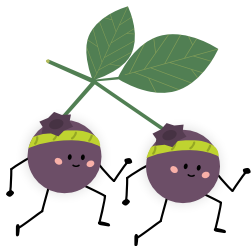
### Connection

We build reciprocal relationships with and between community members and partners to facilitate inclusion and belonging.



### Advocacy

We influence change at a local level by amplifying the lived experience of community members and pushing for systemic solutions to poverty, injustice, and social isolation.



### Responsiveness

In conversation with our community, we identify and address service gaps in innovative and collaborative ways.



### Equity

We meet people where they are at, emphasizing the right for community members to determine and meet their own needs in a dignified way.



# Food Services

**40%**   
*new clients at Nourish House Food Bank*

 **645**  
*education workshop and camp participants*

**3,072**   
*Mobile Food Market customers*

 **1,257**  
*Community Lunch meals served*

**199**   
*households served through Nourish House Food Bank*

In our Food Services branch, we are dedicated to not only alleviating hunger in a dignified and low-barrier way but also advancing household and community food security. We offer a range of programs designed to meet various needs within our community, including but not limited to:

**Nourish House Food Bank:** A non-traditional, shopping-style food bank where clients can choose the food they receive based on their needs and preferences.

**Mobile Food Market (MFM):** A van (and trailer in the summer months) that sets up in various food deserts around Brock Township, providing fresh, locally sourced produce, eggs, prepared meals, and other affordable food items to the community.

**Community Kitchen:** Our community kitchen is at the heart of our food services branch. All of the work our team does in the kitchen supports other Food Services programs, as well as programming run by our community partners.

**Community Lunch:** An opportunity for all members of our community to enjoy a healthy meal with their neighbours and friends without financial barriers.

**Food Literacy Workshops & Camps:** We offer engaging learning opportunities for all ages and abilities, covering topics such as safe food preparation, meal planning, understanding food systems, and more.

**Maple Tree Community Garden (MTCG):** A beautiful allotment style, community garden with an orchard and berry bushes.

In 2023, our Food Services team worked tirelessly to enhance and create multidimensional access points for those experiencing any level of food insecurity. This ranged from emergency food access to community events, all while combating negative stigmas associated with these programs to ensure that anyone in need feels comfortable seeking assistance.

We addressed a significant 2.5x increase in visits to the Nourish House food bank by extending our hours of operation to five days a week, including two evenings. This expansion would not have been possible without the invaluable support of partners who hosted food drives, fundraisers, and donated resources.



To further increase sustainability within Food Services, we introduced a laundry and dish soap refill station at Nourish House and continued our reusable bag incentives, particularly at the Mobile Food Market, which celebrated its second birthday this year. MFM also saw increased use of Market Bucks, distributing \$5,840 in fresh produce vouchers to the community. Our expanded value-added line now includes preserves, helping to divert food waste by using gleaned and donated seasonal produce from local farms.

Our Community Kitchen continued to offer Meals on Wheels through Community Care and prepared meals for seasonal agricultural workers in partnership with Brock Community Health Centre (BCHC) and the Durham Region Migrant Worker Solidarity Program. We also supported BCHC and the Brain Injury Association of Durham with holiday meals. Most notably, we re-opened our kitchen doors to the public after three years by re-introducing in-person cooking classes and our Community Lunch, creating a space for the community to come together over affordable meals.

Our programming flourished this year with 52 virtual and in-person workshops on topics like food systems, proper food storage, and meal planning. We found such success with our summer camps that we plan to double the sessions we offer next year! These events, offered free of





charge or with sponsored spots, ensure accessible learning opportunities for all. We couldn't have achieved this without the generosity of partners like Farm Credit Canada and local businesses.

In 2023, our ability to provide nourishing food and supportive resources has only strengthened. With increased passion and collaboration, we can turn any challenges we face into opportunities for positive change.



MFM at Night Market



Focaccia



Cheffin' It Summer Camp



Nourish House Food Bank Order



Night Market



# Social Services

**31**  
*people housed  
through  
Transitional  
Housing* 

**181**   
*children received  
winter clothing  
through Warm  
Tootsies*

**500**   
*ACDR harm  
reduction supplies  
distributed*

**\$26,299**  
*in therapy  
provided* 

Formally established in 2023, our Social Services branch goes beyond addressing immediate needs, offering programs and services to support and sustain growth for individuals, families, and the community as a whole. These programs and services include, but aren't limited to:

**Transitional Housing:** Our transitional housing program offers affordable, temporary emergency housing for up to six months to community members at risk of homelessness. It provides a safe space to plan for the future, focusing on finding permanent housing and including system navigation, warm referrals, and case management.

**Service Hub:** We partner with other agencies to increase the accessibility of services to our community. We regularly host organizations that can help with employment, income supports, tax filing, and much more.

**Life Skills Workshops:** We bring in subject matter experts to cover a variety of topics, such as financial literacy, first aid, and

babysitting, to empower community members by providing them with practical knowledge and tools to help them thrive.

In its first year as a fully established branch of TNDF, our team celebrated the official opening of Cedar Haven and added two additional units to our transitional housing program. This brought our total transitional housing units from two in 2022 to seven in 2023 and allowed us to house 31 people at risk of homelessness.

Beyond addressing immediate needs, our Social Services team has developed a service model that offers meaningful opportunities for support and growth for individuals, families, and the community.

Twenty-four attendees learned how to care for children, respond to emergencies, and promote themselves at our most popular workshop of 2023: the Babysitting Course offered in March in partnership with the Canadian Red Cross. We are proud to have partnered with more than ten organizations that share our vision of empowering individuals with the skills they need to thrive.

As a team, we have evaluated our capacity and strengthened ties with community organizations that fill service gaps identified by the lived/living



*Compressions 4 You First Aid Training*



*Warm Tootsies*



*TNDF staff with Pinewood Addiction Services*



*Compressions 4 You First Aid Training*



experiences of the people we serve. In doing so, we are getting closer to creating meaningful change. We happily welcomed Eliza, our Transitional Housing Senior Coordinator, and Tierney, our Social Services Assistant, to our team, as their invaluable efforts have helped us to provide our clients with additional support in building relationships and skills and have introduced more social support to the community.

In partnership with Warm Tootsies, a yearly winter clothing exchange for children and youth in Brock Township, we were able to distribute 181 winter clothing items and purchase 43 new pairs of winter boots for kids in need. Additionally, we received a donation of 17 purses and one backpack filled with personal necessities from Fill a Purse for a Sister, a national campaign that seeks to bring comfort, hope, and dignity to women and youth in crisis.

We are proud to have played a part in influencing change at a local level, as defined by one of our core values: advocacy. We are proud of the progress our Social Services team made in meeting the needs of the at-risk community in Brock in 2023. We remain dedicated to improving our services and continuing to make a positive impact on those facing challenging situations.



# Testimonials

**My experience with TNDF's transitional housing program has been nothing short of exceptional. The combination of a safe and comfortable environment, personalized support, and a comprehensive approach to empowerment truly sets this program apart. It's been more than just transitional housing; it's a beacon of hope for me and my daughter while navigating a challenging life change.**

- Transitional Housing Participant



**The program organizers go out of their way to help in any way they can. I was truly grateful for my experience.**

- Transitional Housing Participant



**[Farmers Market Camp] was so well organized and filled with amazing activities and experiences for the kids. The girls came home each day (after not wanting to leave) to tell us all about their day and what they learned and all the fun things they did. They [really looked forward to the] market and I think all the kids hard work paid off. To see their excitement and pride for everything they have done over the week was incredible.**

- Parent of Summer Camp Participant



**We are fortunate enough to witness some of the unmatched servanthood and professionalism that TNDF exemplifies. The Staff are always courteous, positive, knowledgeable [,helpful, and] continuously go above and beyond to support their clients and also help our operation in providing Access to Justice projects and services in and around Cannington. We highly recommend the Nourish and Develop Foundation for anyone in need of their service!**

- Mallik Fernando from Durham Community Legal Clinic



***I've had the privilege of contributing to a vital service that nourishes and supports our community. The sense of purpose, knowledge, and positive impact I'm contributing to have made [volunteering] truly invaluable to me.***  
- Victoria, Volunteer



# Testimonials

***I am thankful for the community partnership FCAP (Family Community Action Program) has with TNDF. TNDF staff have been attending the FCAP Cannington Playgroup which engages families in our community and offers support, resources, and opportunities to build connections with other families. TNDF staff bring and share food, information and resources of TNDF, and they also bring themselves and engage with the individuals in the program, both little ones and adults. This is something that can't be looked over. The bridge that is built from a person to a community service is the trusted relationship they have with the service provider. I believe our FCAP families are engaging more with TNDF being in the program. And as lead facilitator, I am also grateful for the practical help I receive. Every TNDF staff who has come has offered to lend a hand and help with food prep, set up and tear down. It is wonderful to serve the community together.***

*- Shannon Shearer from Family Community Action Program*

”

***Overall, I felt the workshop was a very valuable experience! I learned a skill that I hadn't had a chance to learn before. We brought home food & dough to be able to make more food with later, and learned something we can carry on into our lives to help with food security! This was super helpful for us and our family as we are down to 1 income currently and are looking for ways to make food more affordable. We will definitely be making more dough-based meals at home in the near future! We would highly recommend this workshop to others!***

*- Dough Workshop Participant*

”

***Thank you soooooo very much to all who put together my order today! Please thank the chef who prepares the lovely meals, it's like eating out and so tasty. On behalf of the kitties, they loved the wet food treat.***

*- Nourish House Food Bank Client*

”



***Fantastic program! My kids cannot wait to do similar again! They loved it and have been teaching us about apples ever since.***

*- Parent of Summer Camp Participant*





# Advocacy

**88**



*postcards  
signed and  
sent for the  
Bill C-22  
campaign*

Advocacy efforts at TNDP target systemic solutions to poverty, injustice, and social isolation. Our campaigns, such as Scare Away Hunger and the Great Big Crunch and our support for Disability Without Poverty and the CFCC's Bill C-22 campaign, aim to influence local change by amplifying community members' lived experiences.

In 2023, we also introduced a line of eco-conscious and locally produced merchandise promoting our values, "Good Food for All" and "Housing is a Human Right".

*Brock  
Township  
became the*

**74<sup>th</sup>**



*municipality  
to declare  
intimate  
partner  
violence an  
epidemic*

A defining moment of the year was November 27, when our team successfully petitioned Brock Township to declare intimate partner violence an epidemic. This milestone was followed by an event featuring Heather Doughty, founder of 'INSPIRE: The Women's Portrait Project,' to observe the National Day of Remembrance and Action on Violence Against Women.

# Partnerships & Memberships

Our support network allows us to extend beyond what any one organization can do alone. By pooling our resources and expertise with 65 partners, we were able to leverage our strengths and address community needs with greater efficacy and efficiency.

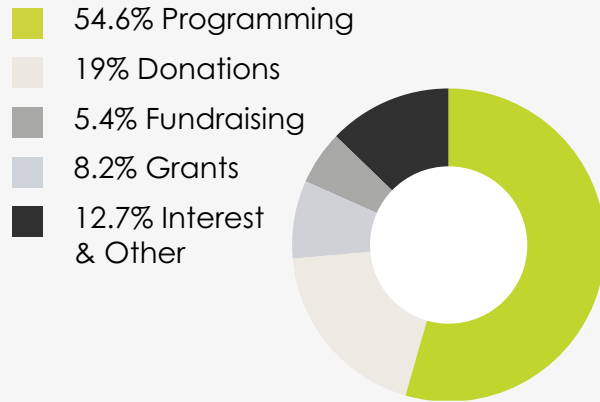
We are proud members of

Affiliate Member of

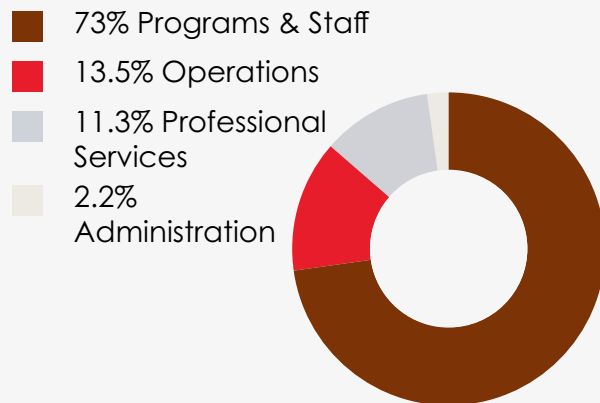


# Finances

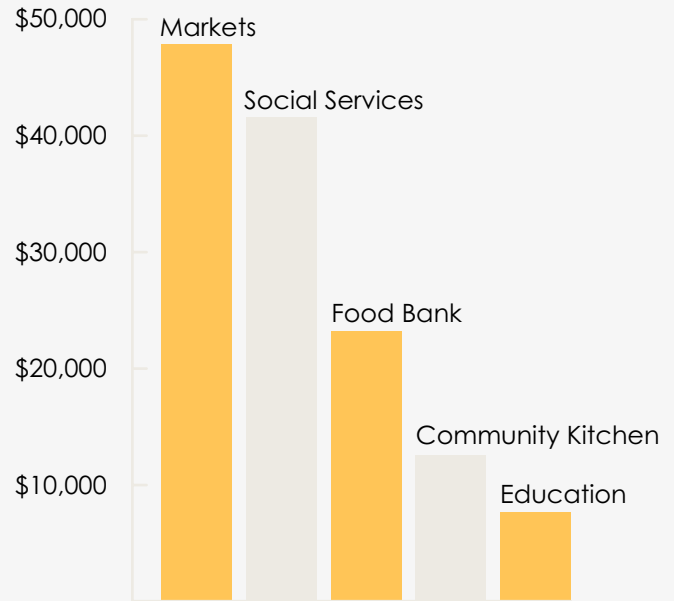
## Income Breakdown



## Expense Breakdown



## Program Income & Donations



Each year, TNDF undergoes an audit to ensure financial accuracy and adherence to industry standards and best practices. Annually, this audit takes place after our annual report is completed, so the information provided has been prepared without audit or review engagement. Please keep this in mind when interpreting the financial data.



# Donors

We owe many thanks to the unwavering support and generosity of our donors. Their contributions, no matter the size or type, played a crucial role in advancing our mission.

**16,246**  
*lbs of donations of food and other essentials*



**\$35,290**  
*financial donations, a 39% increase over the previous year*



*Special thank you to:*

- |                               |  |
|-------------------------------|--|
| Cannington Foodland           | Wheelbarrow Farm                       |
| Brock Community Health Centre | McCaskill's Mills Public School        |
| Cannington Lion's Club        | Thrift Hub                             |
| Forsythe Farm                 | Mary's Dairy                           |
| Full Circle Pet Rescue        | Durham Regional Police Service         |
| Trinity United Church         | Durham Farm and Rural Family Resources |
| Leaskdale Church              | Brock Township                         |
| Maple Leaf Foods              | Fisher's Your Independent Grocer       |
| Hy-Hope Farm                  | Cannington Dental                      |
| Crayola                       | Farm Credit Canada                     |
| Uxbridge-Scugog Pet Food Bank | West Coast Seeds                       |




# Volunteers

**1,295**   
volunteer hours  
worked

**12**   
active volunteers

**8**   
placement  
students hosted  
by our team

**615.5**   
placement student  
hours worked

We are so appreciative of the generosity and commitment of these remarkable individuals whose efforts and selflessness truly exemplify the spirit of community and compassion. We are profoundly grateful for their valuable contributions to the work we do.

In October, Jenn took on the role of Reception & Volunteer Coordinator, with the task of addressing any operational challenges in the volunteer program. We are now set to relaunch in early 2024.

***I see volunteering as a privilege, being allowed to help enrich the lives of others. It's a chance to give of oneself in a genuine and meaningful way. If you ever get the opportunity to volunteer, please do. No matter how much you give, the return is tenfold.***

*- L.B., Volunteer*



# Staff

At the heart of our organization lies the unwavering dedication of our staff. A special thanks go out to Emily and our placement students, Veronica and Kailey, for their integral contributions.

The success of TNDF is a collective effort, and our team leads the way toward a better future. We are proud to have such a dedicated and talented team, and together will continue rooting for change!



## Food Services

Beth | Food Services Director  
Tiff | Markets Coordinator  
Brittany | Food Bank Coordinator  
Kate | Food Access Assistant  
Joanne | Community Kitchen Coordinator  
Kori | Community Kitchen Assistant  
Karley | Education Coordinator  
Lisa | Food Access Assistant  
Edna | Community Kitchen Manager (*on leave*)

## Social Services

Johanne | Social Services Director  
Mackenzie | Client Support, Lead Coordinator  
Eliza | Transitional Housing Coordinator  
Tierney | Social Services Assistant  
Arielle | Client Support, Lead Coordinator

## Operations

Jess | Interim Executive Director  
Sherry | Finance Director  
Zoe | People & Culture Manager  
Jenn | Reception & Volunteer Coordinator  
Katerina | Communications Coordinator  
Ashleigh | Senior Coordinator,  
Communications (*on leave*)  
Sam | Communications & Outreach Assistant  
Brittney | Facilities Coordinator

The Nourish and Develop Foundation acknowledges it operates on Indigenous land, the traditional territory of the Chippewa and the Mississauga, signatories to the Williams Treaties of 1923. We are grateful for their stewardship of this land and for the invaluable wisdom that Indigenous Peoples have shared for generations. As we work toward our mission, we strive to be conscious of the past, present, and future contributions of Indigenous Peoples, and we stand in solidarity with their ongoing efforts to protect, preserve, and enhance their cultural heritage, lands, and resources.

