

2025 Annual Report



The Nourish and Develop Foundation (TNDF) is a community-based charitable organization serving Brock Township and surrounding North Durham communities. Since opening our doors in Cannington in 2008, we've worked alongside our neighbours to strengthen food security and improve community well-being.

Over time, we've learned that food insecurity is deeply connected to challenges such as housing, income, health, and social isolation. Today, TNDF brings together Food Services and Social Services to provide coordinated, low-barrier support that responds to the unique needs of our community, helping people meet immediate needs while building stronger, healthier, and more connected communities.



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Sign advertising the Emergency Warming Centre following April's ice storm

Message from the ED

2025 was a year that reminded us just how powerful community can be. In moments of celebration, uncertainty, and challenge, we watched people continue to show up for one another with generosity, compassion, and care.

One of the defining moments of the year came in early spring, when a severe ice storm left many local residents without power for days and prompted a state of emergency declaration in Brock Township. Thanks to our onsite generator, dedicated team, volunteers, and community partners, TNDF quickly transformed into an emergency warming centre. **Over seven days, we welcomed 216 guests, served 219 meals, and facilitated more than 30 emergency food bank visits.** While the storm was difficult, it also reminded us how important it is to have spaces where people can gather, support one another, and access care during times of crisis.

That same spirit carried throughout the year. Inspired by connections formed during the storm response, we launched a new **Community Breakfast** program, creating another welcoming space for neighbours

to gather over a warm meal. Thanks to a generous gift from the **RBC Foundation**, we also expanded our **Mobile Food Market into Uxbridge**, helping strengthen food access and community connection across North Durham.

Every day, we are reminded that strong communities are built together. Thank you for helping make this work possible.



Jessica Topfer, Executive Director





41% first time
food bank clients

3,747 visits to the
food bank

35% infants,
children, and
youth 0-18

34% adults 19-50

33% older adults
51+

19,824 lbs of food
donated



Stocking the shelves at Nourish House Food Bank

Nourish House Food Bank

Nourish House Food Bank is a choice-based, grocery store–style food bank that’s open four days a week. We aim to provide a welcoming experience where people can choose the foods that work best for their household. Along with pantry staples like canned and boxed goods, we prioritize fresh, nutritious items such as produce, milk, eggs, and meat. We also offer household supplies, personal care products, and pet food.

While food bank usage has stabilized since the sharp increase that followed the pandemic, demand remains high as rising food prices and the overall cost of living continue to put pressure on local families and individuals. In 2025, 80% of clients visited less than once per month, and 20% accessed the food bank only once during the year. This suggests that most people turn to the food bank for temporary support during difficult periods rather than relying on it long-term. In a small community, stigma can still make it difficult for people to ask for help, and many wait until they are facing a crisis before reaching out. Reducing that stigma remains an important part of our work.

Keeping nutritious food on our shelves has

become increasingly challenging as grocery costs continue to rise. In 2025, we spent \$32,950 stocking the food bank. By partnering with **Feed the Need in Durham**, relying on generous community donations, and purchasing strategically, we were able to keep our average cost to just \$8.80 per person, per visit. Support from community partners played a key role, including a \$1,000 donation from **Farm Credit Canada** to help purchase milk and eggs and \$5,000 from the **Slaight Emergency Fund** for fresh produce.

One of the biggest challenges of the year came in September when our aging freezer failed overnight. The breakdown resulted in a complete loss of its contents and the need to replace the unit entirely. What could have been a devastating setback quickly became a powerful reminder of the strength of our community. Within days, donors had helped replenish our food supply, **Farm Credit Canada** contributed \$5,000 to buy a new commercial freezer, and neighbours helped get it through the front door. The response was immediate and inspiring, demonstrating the generosity, compassion, and collaborative spirit that make our work possible.

0 - 760

761 - 999 →

13,103 meals
made in the
Community
Kitchen

4,882 Community
Lunches served

474 jars of
preserves made

466 bags of
granola made

528 loaves of
focaccia bread

482 spice blends



Live cooking demonstration at the Brock Libraries Cannington branch

Community Kitchen

This year marked exciting growth and deeper community engagement for our Community Kitchen programs.

When a devastating ice storm struck in April, the kitchen became the engine of our emergency response efforts. Staff worked on a rotating schedule, flipping pancakes, scrambling eggs, and serving hot meals to community members in need.

Nourish has been supplying our family with hot water for tea and coffee, hot meals and a friendly face and a good laugh every time I see them. It is people like them that help me get through these difficult times and words alone cannot express my gratitude!!! Thank you for all that you do for our community!!!

— Community member comment on Facebook

Spring also brought the launch of the **TNDF Harvest Table Cookbook**, celebrated at **Brock Libraries** with a live cooking demonstration by Kori. The cookbook's inclusion in the Cannington Branch collection has helped extend its reach throughout the community.

Community connections continued to grow in June as our Community Kitchen helped

bring our first Open House to life. With the aroma of freshly grilled hamburgers drifting down Cameron Street, the event created a welcoming block-party atmosphere and brought together 180 friends and neighbours.

Building on this momentum, we expanded our programming over the summer by introducing **Community Breakfasts** alongside our weekly Community Lunches. What began as a monthly offering quickly evolved into a biweekly program in response to enthusiastic community participation.

The year concluded with a major holiday meal initiative. Over the course of two busy weeks in December, volunteers and staff prepared and distributed **753 meals** through partnerships with **Brock Community Health Centre**, the **Mobile Food Market**, **Meals on Wheels**, and our Community Lunch.



Sharing Community Lunch



3,151 customers

2,644 prepared
meals distributed

\$9,763 in
discounts via
Market Bucks
and affordability
programs

580 dozen eggs
sold

690 lbs of
mushrooms sold

1,431 lbs
potatoes sold

Selling local, affordable produce at the Mobile Food Market



Mobile Food Market

The Mobile Food Market celebrated spring as a vendor at the **Sunderland Maple Syrup Festival**, connecting with new customers and strengthening community presence. A busy late summer and early fall followed, including a return to **Allan's Place** in August and the launch of a new Uxbridge location at **Reach Gardens** in September. This expansion was supported by a generous **\$50,000 RBC Foundation** grant, which funded fresh produce purchases, vehicle fuel and repairs, and staffing.

With two additional locations, the market saw strong growth, including a 14% increase in attendance and higher sales within just a few months. As Rejeanne, a customer at the **Maple Glen** location in Sunderland, shared:

We have a little grocery store in town that we are very grateful for, but for those of us that don't have a vehicle, [MFM] is an alternative. I think that's what we all like most about it—coming down for a purpose to socialize and get together.

Her words reflect the market's role in improving access to food while fostering social connection.

The Uxbridge community has warmly embraced the program, and support has included an \$8,000 contribution from **100 Women Who Care Uxbridge** for our Market Bucks food voucher program, along with generous donations from the **Rotary Club of Uxbridge**.



Maple Tree Community Garden

The Maple Tree Community Garden and Orchard continues to be a cornerstone of connection and local food production in the community after nearly 15 years. With 30 plots, it brings members together through a shared love of growing food. As one garden member shared:

To have the space to grow my own food and connect with like-minded people has been incredible. I've made friends—it's been awesome.

In 2025, TNDF introduced a community plot for the first time, creating hands-on learning opportunities for children in our programs. The plot yielded 126 lbs of produce in its first season.

This work was supported by generous seed donations from **Salt Spring Seeds**, **West Coast Seeds**, and garden member Gerhard (who contributed more than 200 saved seed packets), as well as plant donations from **Pine Needle Farms** in Pontypool and tools and materials from **Durham Integrated Growers (DIG)**.

We also thank the **Fire Department** and the **Township of Brock** for helping maintain water access, especially during the challenging drought conditions throughout the summer months.

Food Literacy

In response to community feedback, we prioritized offering affordable, engaging programming for children during school closures. Across PA days, March Break, and summer camps, kids built cooking skills, explored food systems, and gained confidence in the kitchen through themed camps, baking sessions, and gardening activities.

In late 2025, we expanded into Kawartha Lakes and the **Trillium Lakelands District School Board** school year calendar, alongside our programs for **Durham District School Board** students. Our first double PA Day camp, “Happy Hibernation,” introduced children to seasonal garden activities, helping close Maple Tree Community Garden for the year.

We were pleased to welcome students from **McCaskill's Mills Public School** through their electives program. During their visit, they built confidence and foundational skills in baking and safe food handling.

We also expanded outreach by bringing a Lunch Club to local seniors' residences

alongside the Mobile Food Market, with support from the **Durham Region Sustainable Food Security Fund**. This inter-program initiative created a welcoming space to share soup and conversation. The simple "BYOB" (bring your own bowl) model helped reduce waste while fostering connection and inclusion.



127 kids attended
day camps

425 meals shared at
Lunch Club

\$2,892 in sales at our kid-run farmers' markets
in support of Nourish House Food Bank

Happy Hibernation PA Day Camp



Social Services

In early 2025, TNDF surveyed residents and service providers to better understand community strengths, service gaps, and evolving needs, resulting in a **Community Insights Report** that highlights key priorities and a path forward for Social Services.

A central theme was the need for system navigation. TNDF continues to strengthen its role in helping individuals understand options and access supports. This work was enhanced through a partnership with **Durham Region's Income, Employment, and Homelessness Supports Division**, providing sustainable funding for ongoing system navigation services.

Collaboration remains essential. TNDF's Social Service Hub brings together partners to deliver coordinated, local support—including:

- **Alzheimer's Society**
- **Big Brothers Big Sisters of North Durham**
- **Canadian Hearing Services**
- **Community Development Council Durham**
- **Community Living Durham North**
- **Durham College Employment Services**
- **Durham Community Health Centre's Hep C Team**
- **Durham Community Legal Clinic**
- **Durham Mental Health Services**
- **Durham Region Transit**
- **Family Services Durham**
- **Grandview Kids**
- **META Employment Services**
- **North House**
- **Ontario Works**
- **Up With Women**
- **YWCA**

This model reduces barriers, improves continuity of care, and ensures residents can access multiple services in a welcoming, familiar space. As one respondent to the survey noted, *“TNDF is a safe spot for those needing help.”*

Integrating system navigation into TNDF's food bank program has become a key strategy for reducing the gap between emerging need and access to support, allowing clients to share broader needs early with the system navigator and receive immediate guidance or referrals.



415 individuals
accessed the
Social Service
Hub and System
Navigation

104 referrals
were made
through System
Navigation

511.5 hours of in-
person access to
service providers



TNDF is recognized as a Dementia
Friendly Community Supporter

In June, TNDF became a satellite for the **John Howard Society's** Harm Reduction Program, offering education, supplies, and safe sharps disposal. Additional initiatives include Life Skills Training (First Aid & CPR, Stay Safe, and Babysitters Course) and achieving Dementia-Friendly designation through **Alzheimer Society** training.

TNDF also supported community-led initiatives, including **Fill A Purse For A Sister Campaign** represented in Brock by Adeline Pettit and Carolina Weir's **Warm Tootsies** winter clothing drive, which helped 120 individuals—primarily children and youth—access coats, boots, and other winter gear.



22 new
volunteers in
2025

2,041 hours of
volunteer support



Serving up dinner at June's Open House BBQ

Volunteers



TNDF's volunteer program has continued to grow rapidly since its reintroduction in 2024, becoming an essential part of our work and impact. Our dedicated volunteers are deeply committed to improving the lives of everyone in their community, bringing compassion, energy, and care to everything they do. They support every aspect of our organization—from assisting food bank clients and preparing and serving Community Lunch, to answering

phones and warmly welcoming visitors at the front desk.

Their presence helps create an inclusive, supportive environment for all who walk through our doors. Quite simply, our work would not be possible without them. We are deeply grateful for this remarkable team and excited to continue growing the program and expanding opportunities for meaningful community involvement in the years ahead.



Staff

TNDF's strength lies in its incredible staff, who consistently exemplify teamwork, collaboration, and a shared commitment to community. As a small, grassroots organization, the team brings creativity and resourcefulness to every challenge—making the most of available resources while finding innovative ways to meet evolving needs. Each staff member plays a vital role, contributing their unique skills and perspective to a collective effort grounded in care and purpose. Together, they are deeply dedicated to building strong, trusting relationships across the community and ensuring services are delivered thoughtfully and responsively. Their passion and collaboration are at the heart of everything TNDF accomplishes.



Supporters and Partners

At TNDF, our work is only possible because of the generosity, collaboration, and care of our community. We are deeply grateful to the individuals, businesses, organizations, partners, volunteers, and anonymous donors who support our mission. Thank you for helping us strengthen our community.

*100 Women Who Care
Uxbridge*

*Adeline Pettit (Fill-a-Purse
campaign)*

Beaverton Lions Club

Bon Air Long-Term Care

The Brock Beauty Co.

*Brock Community Health
Centre*

Brock High School

*Brock Township Fire
Department*

Cameron House

Cannington Foodland

*Cannington Lions Club &
Lioness Club*

Cannington Swans

Canter Coffee

*Carolina Weir (Warm
Tootsies)*

The Chill Zone

*Community Development
Council Durham*

*Durham Regional Police
Service*

Durham Integrated Growers

*Durham Farm & Rural
Family Resources*

*Durham Region Sustainable
Food Security Fund*

Farm Credit Canada

Feed the Need in Durham

*Fisher's Your Independent
Grocer*

Forestview Native Plants

Full Circle Rescue

*Government of Canada:
Canada Summer Jobs
program*

*Greenwood Mushroom
Farm*

Ho Ho Homestead Farm

Hy-Hope Farm

Mike Gibb's Floral Design

Odd Bunch

Papa Enrico's Pizza

Phoenix Poultry Farm

Pick Family Foundation

Pine Needle Farms

Post Consumer Brands

Powcon Inc.

RBC Foundation

*Region of Durham:
Income, Employment, and
Homelessness Supports
Division*

Right to Food

Rotary Club of Uxbridge

Salt Spring Seeds

Slaight Emergency Fund

Tindall Farms

Township of Brock

Trinity United Church

Two Ponds Farm

Uxbridge Pet Food Bank

*Uxbridge Rotary Club
Foundation*

*Vive Lavender Farm and
Sally Morgan*

West Coast Seeds

Wheelbarrow Farm

Wilson's Fresh Blueberries

Memberships



2025
**GOOD FOOD
ORGANIZATION**

In alliance with
 **RIGHT TO
FOOD**





The Nourish and Develop Foundation acknowledges that it operates in the traditional territory of the Chippewa and the Mississauga, signatories to the Williams Treaties of 1923. We honour their enduring relationship with this land and are grateful for the stewardship and invaluable wisdom that Indigenous Peoples have shared for generations. As we work toward our mission, we seek to collaborate with and uplift Indigenous communities and their leadership, supporting their efforts to protect their cultural heritage, lands, and resources. We give this acknowledgement to show our respect and commitment to continuous learning and invite feedback to ensure our work is respectful and relevant to the communities we serve.

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