



2016

FNR Foundation Annual Report

Food and Nutrition Resources Foundation, Inc.
www.fnrfoundation.org

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TRANSITION

From Boston to South Florida, from nutrition counseling to charity giving, FNR is on the move.



MISSION

FNR is looking for a few good nonprofits, and we're finding plenty of deserving organizations around the US.



RECIPIENTS

A list of our 20 award winners for 2016.



STATS

New directors, new location, new financial picture.

VISION 2017

Mottainai is an old Japanese concept, one we want everyone to learn about.





TRANSITION

From Boston to South Florida, from nutrition counseling to charity giving, FNR is on the move.

In the fall of 2015, Food and Nutrition Resources Foundation (FNR) Executive Director Ed Goodstein decided to shift direction. Founded in 1976 as a nutrition resource center, FNR has been an active Massachusetts organization for decades. Projects have varied and included creative nutrition education in schools, one on one health counseling, and donations to food charities. Now it was time for a change.

Virginia Aronson stepped up to the plate. A registered dietitian, author of dozens of books, and an advocate of natural, simple, healthy living, Virginia's life work has included educating the general public about wise food selections and positive health choices.

As the new Executive Director of FNR, Virginia is on the move, relocating corporate headquarters to Deerfield Beach, Florida. The mission remains focused on public education and charity in the area of nutrition and healthy food. However, FNR is now building a partnership with a network of unknown or little known players in food and nutrition, specifically those working on improvements in organic food production, nutrition education, resources for the hungry, food justice and sustainability. This is being accomplished through research and interviews, and making onsite visits. In this way, researchers, grassroots organizations, educational institutions, and



thought leaders are selected for receipt of financial support in the form of a no strings attached donation from FNR.

Ed Goodstein remains a board member and, as he likes to call it, an "idea man." FNR secretary/treasurer, Mel Goss, provides financial management and tech support. Administrative costs have slimmed considerably, the foundation streamlined for optimal productivity. So, while FNR continues to support the original mission and goals of Food and Nutrition Resources Foundation, we now serve as a fiscal supporter of researchers, innovators, and grassroots movements working to expand sustainable agriculture, organic food availability, nutrition education which is not sponsored by the food industry, as well as ready access to healthy food for those in need.



Swale Project

"Your donation has come at a perfect time for our upcoming tour to Cuba [and] allows us to provide support to farmers from underserved communities to participate."

—Food First, Oakland, California





MISSION

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Major interests:

Food justice

Farm animal welfare

Farm to School and School to Farm, good food education

Natural farming using no tilling, inputs that are safe and invigorate the soil ("sow less, yield more")

Innovative approaches to urban deserts including urban farms, vertical farms, CSAs, etc.

Food safety

Food waste and composting

The mission of FNR is to fund individuals and programs in need of financial support for sustaining and building on food and nutrition related activities. Potential recipients meet specific criteria established by FNR, and are vetted prior to selection for support. No grant applications are used, and potential recipients are not told they are under consideration for donation. In that way, FNR donations are made in the form of no strings attached awards. Donations consist of one-time payments of \$500-\$5,000.



Guidelines for candidacy are specific to the mission and goals of FNR, yet flexible enough to allow for new and interesting innovations in technology, agriculture, and education. There are no application forms for the awards. Unsolicited donation requests are not encouraged, but may be considered. Renewal of donations from year to year is an option for qualifying recipients.



"Your generosity helps the Center to inspire and guide school leaders, teachers, and advocates interested in advancing sustainable education and building resilient communities. We are particularly excited to discover an ally in Florida whose mission so closely aligns with ours."

—Center for Ecoliteracy, Berkeley, California





RECIPIENTS

A list of our 20 award winners for 2016.

[ChopChopKids](#)

A magazine that inspires kids to cook healthy food, the quarterly publication is colorful and upbeat, encouraging children and families to eat well. The founder of the program is a cookbook author, and it shows. The program reaches two million families annually via pediatricians who give the magazine to their patients, teachers who utilize the ChopChop curriculum, and programs like WIC and SNAP-ED.

[Brighter Bites](#)

This innovative organization was launched by a mom who wanted to share her own kid's love of healthy foods with other schoolchildren and their families. Now the program delivers thousands of pounds of fresh produce along with nutrition education to the people who need it the most. Currently operating in several large cities in Texas, BB has plans to take their successful program nationwide.

[Swale](#)

A public art project that is also a floating produce farm, Swale is a barge planted with 1/10th acre of fruits, vegetables, herbs, and nuts. When the barge docks at six ports along the Hudson River, visitors can harvest and eat fresh food—for free. Swale is intended to help people think about innovative places to grow food, a creative and fun way to approach needed changes in our food system.

[FoodCorps, Inc.](#)

Established in 2009, FoodCorps is a nationwide team of AmeriCorps leaders who serve alongside educators and community leaders, partnering with schools to provide children with nutrition education, gardening and cooking skills, and local fresh foods in school lunches.



[Teen Ag Crew, Maine Coast Heritage Trust](#)

After generations as a family farm, Erickson Fields is now a preserved property used as a community resource in Rockport, Maine. The Teen Ag Crew consists of area youth ages 14-18 hired each summer to work the farmland. Students learn about sustainable agriculture, organic gardening, vermiculture and soil microorganisms, as well as the business of marketing, packaging, delivering and selling produce. The produce they grow goes to area food pantries and schools.

[Center for Ecoliteracy](#)

An organization founded in California, the Center provides ecology education to students and teachers, school administrators and food service professionals in order to increase understanding about sustainable agriculture and healthy eating. Through textbooks and cookbooks, conferences and initiatives, The Center reaches out locally, regionally, statewide, and nationally. Their California Food for California Kids Initiative, for example, serves as a model for other states.

[Zero Foodprint](#)

By conducting research on the carbon emissions and resource usage associated with restaurant menus, these innovators are educating restaurant owners, employees, and diners on food and energy waste. Participating restaurants can become certified as Zero Foodprint facilities.

[MoGro Mobile Grocery](#)

This nonprofit mobile grocery began with a temperature controlled truck that brought fresh healthy foods to New Mexico pueblos. The program has since expanded to a CSA style Food Club linking local farms and healthy food products to the rural populations around the state. MoGro supports health equity, bringing affordable and nutritious foods to those with limited funds and access.

[Just Food](#)

A network of good food projects, this New York City organization helps community leaders improve access to local foods, especially in underserved neighborhoods. Just Food launches farmers' markets, educates on farming and cooking healthy foods, and arranges conferences for farmers, local food producers, CSA members, and community organizers.

[Food Forward](#)

Volunteers meet in private yards, public areas, and farmers markets to gather excess fruits and vegetables for donation to area food banks. This program feeds more than 100,000 people a month with rescued produce that would otherwise go to waste.



Food First

This advocacy organization was founded in 1975 by Francis Moore Lappé, author of the classic *Diet for a Small Planet*. Food First is committed to changing food injustice around the world, and has published more than 60 books as well as research reports on hunger and food sovereignty. Their Food Sovereignty Tours bring scholars and activists to various locations to observe firsthand the global food movement. For example, farmers and others can visit the only country in the world to attempt a nationwide conversion to organic agriculture: Cuba.

The Coalition of Immokalee Workers

Starting with a small group of Florida farmworkers and consumers protesting poor conditions for local tomato growers, CIW has successfully contracted with mega food corporations (including Taco Bell, Walmart, McDonalds , and Subway) to achieve improved standards for workers and fair pay. Programs like the Fair Food Program and the Campaign for Fair Food have brought better working conditions to seven states for farmworkers growing tomatoes, strawberries, and peppers.

Food 4 Farmers

This nonprofit organization works to achieve food security for coffee-growing communities in Colombia, Guatemala, Mexico, and Nicaragua. By providing guidance and education to increase the production and consumption of local foods, they are helping to strengthen local food systems and solve seasonal hunger issues for the families, cooperatives, and communities that provide us with one of our favorite beverages.

Vermont Law School. Center for Agriculture and Food Systems

The first and only law clinic in the US to practice and teach food systems advocacy with social entrepreneurship, VLS's CAFS offers graduate degrees to lawyers specializing in food and agriculture law and policy. Students take classes and work in the law clinic to develop legal resources that provide solutions for good food farmers, producers, and entrepreneurs, as well as healthcare professionals, legislators, and consumers.

The Food Project

Founded in 1991, this program involves Boston area young people and volunteers in projects supporting sustainable agriculture. Every year, more than a hundred teens work 70 acres of farmland in Boston and the surrounding suburbs. Fresh produce is donated to organizations for the needy or sold through farmer's markets and community supported agriculture programs.

The Food Trust

Since 1992, this Philadelphia based organization has been working to improve local food environments and providing nutrition education in the schools. They assist urban groceries to stock up on healthy food choices, and bring farmers' markets to areas in need of fresh food options.



[Catskill Animal Sanctuary](#)

Catskill Animal Sanctuary is both a beautiful place for injured and neglected farm animals to heal and an educational center for humans. Apparently, we need to learn about the humane treatment our fellow Earthlings deserve. Ongoing projects include children's camps, vegan cooking classes, shindigs, tours, and an historic inn for overnight guests. If you don't quit eating meat after visiting CAS, you weren't paying attention.

[Farm Sanctuary](#)

Since 1986, this activist organization has been encouraging public awareness about the abuses of factory farming. Providing both animal rescue and protection, Farm Sanctuary saves farm animals and cares for them on three different sanctuaries located in upstate New York, northern California, and the Los Angeles area. These tireless advocates advocate for animal welfare and educate on the health and environmental damage caused by factory farms.

[Humane Society of the United States](#)

HSUS rescues and cares for abused pets and farm animals, laboratory animals and wildlife. They remove dogs from meat farms, and are working to guarantee chickens a cage-free future. HSUS is committed to changing a world economy built on the philosophy that cruelty to animals is acceptable. A recent project is the funding of an American scholar studying the wild dogs of Costa Rica.

[Pesticide Action Network](#)

Committed to a truly green revolution, Pesticide Action Network is an international citizens' action organization working toward a just food system. PAN challenges the current global proliferation of pesticides, and defends our human right to healthy food and a safe environment. They are working to change the chemical-intensive, mono-crop agriculture system that overuses water, creates pests resistant to pesticides, increases health costs and environmental damage, and reduces biodiversity. PAN is active in the fight against genetically modified seeds.

**"We will be able to use this for our water purification system
and make it stretch to include all of our onboard literature and
signage."**

—Swale Project, NYC







STATS

New directors, new location, new financial picture.

Our Team

[Virginia Aronson, Executive Director](#)

[Ed Goodstein, Director](#)

[Mel Goss, Secretary/Treasurer and Tech Support](#)

Our Location

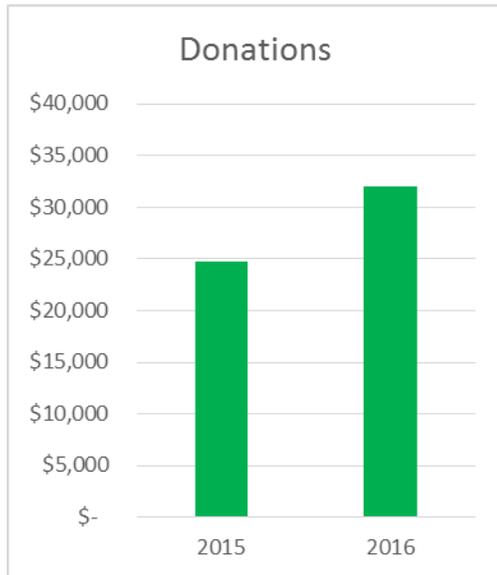
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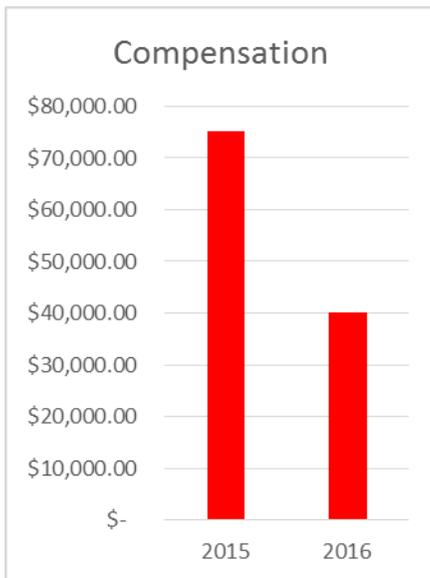


"Getting kids working in the soil at any time is a great thing, but when they grow food for those less fortunate it becomes life changing—and your support helps make it happen."
—Maine Coast Heritage Trust's Teen Ag Crew

Our Financial Info

Our goal is to spend less but donate more, so we're keeping it lean and mean at home while spreading the FNR network around the US.





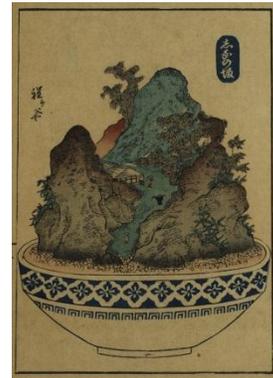
"Please know you are making a tangible, positive impact on improving and sustaining the quality of life for families who depend on coffee for their livelihoods."

—Food4Farmers, Vermont



Cuban urban farm





VISION 2017

Mottainai is an old Japanese concept, one we want everyone to learn about.

FNR is in the process of finalizing a book for publication in 2017. We want to share an important message on a subject we feel strongly about: food waste. However, we're sharing the message in a unique and entertaining way.

Mottainai means waste. Popular with the Japanese for generations, *mottainai* (pronounced *moe-tie-nye*) is the Buddhist term for essence. One can say *mottainai* and mean "waste nothing." Or, if something appears wasteful, one might remark, "*mottainai*."

Our book tells a kind of modern day fairy tale, the story of a young man who has everything and feels nothing but frustration. Until he meets a stranger and learns about a program to teach us how little we really need—and why living differently is important for each of us, and for the planet.

After a sidewalk encounter with a weirdo dressed in a white disco suit, a typical American Millennial discovers a grassroots movement to change the world. More interested in material



accumulation and boosting his bank account, he puts his lifestyle of comfort on hold once he meets a charming activist. To woo the girl, he takes a job at the weird stranger's nonprofit organization and embarks on the required training program in rural Japan. There, he lives off the grid with a cranky guru who talks trash and drinks way too much sake. Yet, *mottainai* is the journey that will change the young man's outlook—and his life.

An ancient Japanese philosophy popularized worldwide by the late African activist Wangari Maathai, *mottainai* is both an individual consciousness and a global movement toward zero waste. To support this important worldview, *MOTTAINAI: A JOURNEY IN SEARCH OF THE ZERO WASTE LIFE* provides an entertaining story, an allegory about what it takes for us to change our comfortable, wasteful lifestyle in order to save our beautiful, beleaguered planet.

The book will include tips for cutting back on waste. There will also be recommended resources to support the *mottainai* lifestyle. Our book will be sent to all our award recipients and made available online.

**"Together, we're growing a nation of well-nourished children,
and a new generation of leaders in the fields of food, farming,
and health."**

—FoodCorps, Portland, Oregon





Contact us for more information on any of the organizations mentioned including FNR Foundation.

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