

2017 Annual Report



Food and Nutrition Resources Foundation

Mission

FNR supports nonprofits that work to improve our broken food system, and we're finding plenty of deserving organizations around the US.

Recipients

A list of our 25 award winners for 2017.

Stats

Now that we've adapted to headquartering in sunny Florida, our finances are adapting as well.

Mottainai

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

Contact Us

MISSION

FNR supports nonprofits that work to improve our broken food system, and we're finding plenty of deserving organizations around the US.

Major interests:

Food justice

Farm animal and farm worker welfare

Farm to School and School to Farm, good food education

Natural regenerative farming and soil health

Innovative approaches to urban and rural food distribution

Food safety

Food waste reduction

Climate change and the food system



Image of beekeeping from Food 4 Farmers

"We're seeing new energy and optimism among coffee farmers who are building their small beekeeping businesses, and who now have a clearer path to a better quality of life for their families."

—Food 4 Farmers

Goals

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.



School garden image from FoodCorps.com

**"Learning Gardens are the platform from which we leverage the power of real food so that every child will have the opportunity to learn, play, and grow in a healthy community."
—The Kitchen Community**

RECIPIENTS

A list of our 25 award winners for 2017.



Image of Swale from Swale.org

[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 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.

[Stone Pier Press](#)

This new nonprofit publishing house specializes in books on sustainable agriculture and healthy eating, humane treatment of farm workers and farm animals, and environmental justice. Their publication list includes books for adults, children, and teens.

[Harvard Food Law and Policy Clinic](#)

Students at Harvard Law can get experience in food law and policy, working with the local community and the government to develop solutions and push for change. This year the program released a short film on food waste.

[The Dr. Yum Project](#)

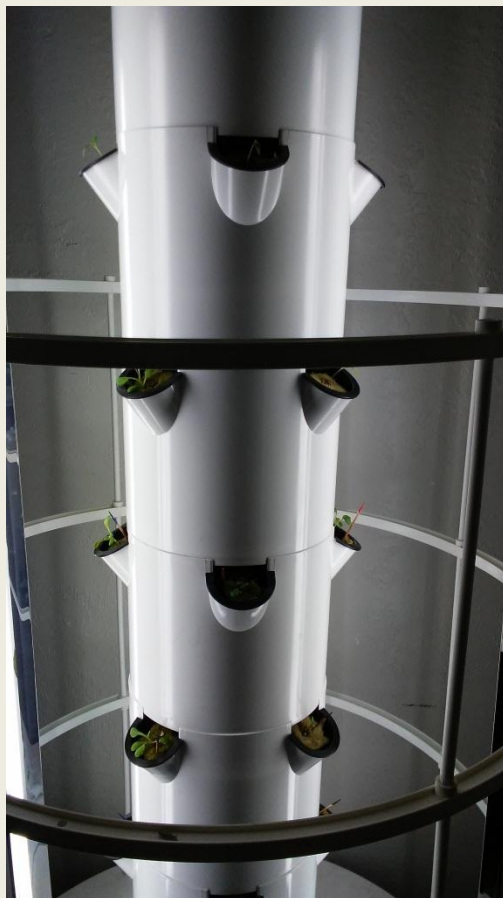
Nimali Fernando, MD, MPH, is a pediatrician who teaches her patients and their families about healthy eating. Her prescriptions often include recipes, and her nonprofit brings cooking clubs and a teaching garden to area schools.

[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.

[Wellness in the Schools](#)

WITS guides public schools in New York, New Jersey, California, and Florida with innovative programs to combat childhood obesity. Courses focus on nutrition, fitness, cooking, and reinventing recess. At McNicol Middle School in Florida, Café Days feature local chefs preparing healthy recipes; hydroponic gardens provide fresh salad greens and lessons in science and nutrition.



Greens growing hydroponically at McNicol Middle School

[Education Outside](#)

AmeriCorps volunteers build green spaces for schools and turn gardens into learning environments.

[Gallatin Valley Farm to School](#)

A community organization that connects area farms and food producers to the local schools, GVFS also provides school gardens. This year they took on the Bozeman Ozone Bus (BOB), a mobile classroom for environmental and nutrition education.



Image of BOB from GVFS

[Kids Can Grow, Erickson Fields Preserve](#)

Maine families can come to the preserve to grow their own healthy produce using the square foot gardening method. The program is offered to families with children ages 7-12, and encourages everyone to plant, grow, harvest, and eat fresh fruits and vegetables.

[Teens for Food Justice](#)

New York teens train in urban farming techniques, building and maintaining hydroponic farms that provide fresh food for neighborhoods in need.

[The Kitchen Community](#)

By building gardens, this organization provides school kids with outdoor classrooms. Their curriculum teaches nutrition facts and encourages healthy eating.

[Food 4 Farmers](#)

Projects aim to achieve food security for coffee-growing communities in Colombia, Guatemala, Mexico, and Nicaragua, helping to strengthen local food systems. Projects also solve seasonal hunger issues for the families, cooperatives, and communities that provide us with one of our favorite beverages.

[Multinational Exchange for Sustainable Agriculture](#)

MESA runs training programs and cross-cultural exchange programs for global food leaders, trainees, and small-scale farmers in order to help working and student farmers strengthen local food systems.

[Wholesome Wave](#)

This national program makes fruits and vegetables more affordable by doubling the value of food stamps (SNAP). The Wave also runs a program to encourage physicians and other healthcare providers to "prescribe" fresh produce to their patients.

[L.A. Kitchen](#)

A practical program to train unemployed men and women in culinary skills, the Kitchen uses discarded and "ugly" produce. The healthy meals they create are served to vulnerable seniors and others in need.

[Fresh Truck](#)

A former school bus, this mobile grocery store and classroom brings healthy foods, cooking demos, and nutrition workshops to Boston residents.



Image from cityofmalden.org

[Santropol Roulant](#)

This community food hub in Montreal sends young volunteers on bicycles to deliver daily meals to elderly residents in need. Affiliated programs include organic farms and a rooftop garden.



Image from SantropolRoulant.com

[Feeding America](#)

A network of food banks, Feeding America has been helping people in need in Houston since the devastation of Hurricane Harvey.

[World Central Kitchen](#)

José Andrés and his team have served more than 2 million meals at 70 locations in hurricane devastated Puerto Rico. They arrived immediately after the storm to coordinate donations, set up volunteers, and get good food to the people. They are still there. After Hurricane Harvey, Andrés and WCK served more than 20,000 meals to the people of Houston.

[Groceryships](#)

By focusing on one family at a time, this organization delivers food to home kitchens and teaches the recipients how to prepare fresh meals. Lessons are taught for lifelong wellness.

[Humane Society of the United States](#)

HSUS rescues and cares for abused pets and farm animals, laboratory animals and wildlife. Through HSUS, FNR is funding an American scholar studying the health practices and feeding patterns of the people who frequent animal shelters in Costa Rica and North Carolina. Dr. Arluke's work will be published by Macmillan.

[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. Ongoing projects include children's camps, vegan cooking classes, tours, and an historic inn for overnight guests. If you don't quit eating meat after visiting CAS, you weren't paying attention.

[Food Forward](#)

Volunteers gather excess fruits and vegetables from private yards, public areas, and farmers markets to donate to area food banks, feeding more than 100,000 people a month with produce that would otherwise be tossed out.

[Coalition of Immokalee Workers](#)

Cofounder Greg Asbed was awarded the 2017 MacArthur Genius Award for the work CIW does to ensure farmworkers' rights. Congratulations to CIW on receiving this well-deserved recognition!

[The Food Project](#)

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.



Image from TheFoodProject.com

"In our gardens, students not only discover the wonders of science, but also learn about environmental stewardship and the value of seed to table gardening. For many students, Education Outside's outdoor lessons are their only exposure to the natural world."

—Education Outside

STATS

Now that we've adapted to headquartering in sunny Florida, our finances are adapting as well.

Our Team

[Virginia Aronson, Executive Director](#)

[Ed Goodstein, Director](#)

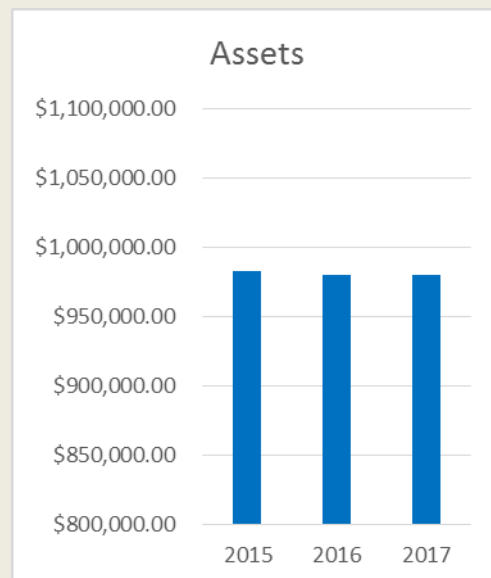
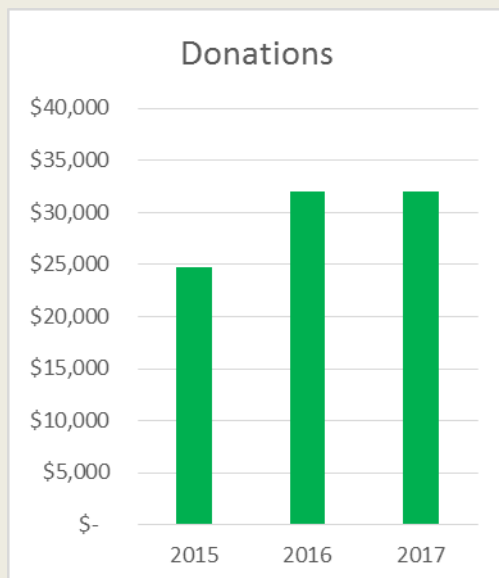
[Mel Goss, Secretary/Treasurer and Tech Support](#)

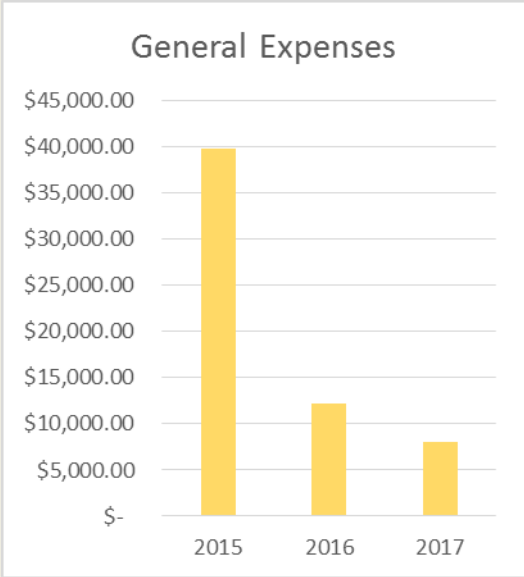
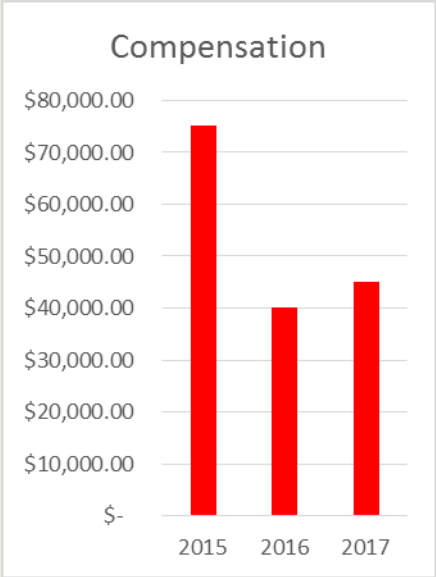
Our Location

Food and Nutrition Resources Foundation, Inc.
600 NE 20th Avenue
Deerfield Beach, FL 33441
561.393.0515

Our Financial Info

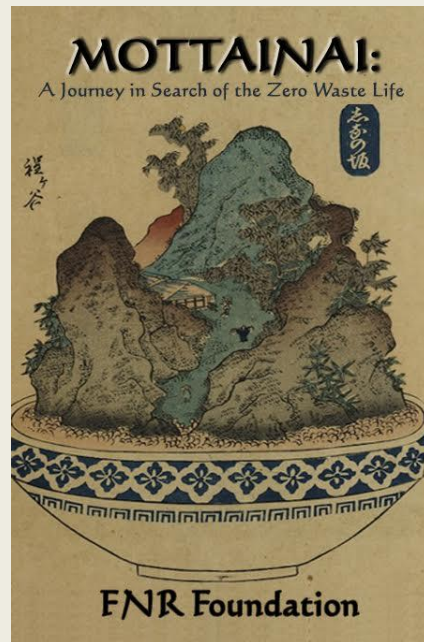
Our goal is to spend less but donate more, so we're keeping it lean and mean at home while spreading the FNR network around the US.





MOTTAINAI

FNR released a book in January 2017 in order to share an important message on a subject we feel strongly about: food waste. But 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 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 includes tips for cutting back on waste, as well as recommended resources to support the *mottainai* lifestyle. Free copies are sent to all our award recipients and made available for use in auctions and other educational activities.

"Over the next year, Empower L.A.—our inter-generational, culinary arts job training program—will help over 100 young men and women exiting the foster care system, and older men and women returning home from prison, find great jobs in the community. During that same time, thousands of volunteers will process thousands of pounds of healthy fruit and vegetables that would have been discarded, and turn them into nutritious meals for nonprofit partners—

—L.A. Kitchen



Image from mymakedoandmendlife.com

CONTACT US

Contact us for more information on any of the organizations mentioned in this report, including FNR Foundation.

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Cover image from the Genetic Literacy Project



Image from thespruce.com

**"Though I do not believe that a plant will spring up where
no seed has been, I have great faith in a seed. Convince me
that you have a seed there and I am prepared to expect
wonders."**

—Henry David Thoreau