

# **2018** Annual Report

Food and Nutrition Resources Foundation



## **Mission**

FNR supports nonprofits that work to improve our food system, and we're finding plenty of deserving organizations around the US—and in Italy!

## **Recipients**

A list of our 20 award winners for 2018.

## **Stats**

We spent less on us this year, and more on our grant recipients. Isn't that the way it should be?

## **Mottainai**

*Mottainai* is an old Japanese concept, one we want everyone to learn about. So we are continuing to share our little book on the subject.

## **A Garden on Top of the World**

We've written a futuristic novel about gardens intended for teen readers—and now we have the perfect publisher!

## **Contact Us**

## MISSION

FNR supports nonprofits that work to improve our food system, and we're finding plenty of deserving organizations around the US—and in Italy!

### 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 from Daily Table

**"Working together, we can help reduce both the effects of poor eating habits caused by challenging economics and the impact that wasted food and its precious resources have on our environment."**

**—Daily Table**

## 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.



Image from L.A. Kitchen

**"Neither food nor people should ever go to waste."  
—L.A. Kitchen**

## RECIPIENTS

A list of our 20 award winners for 2018.



Image from Swale

### Swale

A New York 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.

### Community Servings

This nonprofit provides critically and chronically ill Massachusetts residents with nutrient-rich and diet-appropriate meals. Studies show this kind of meal service can significantly reduce healthcare costs. Makes sense!

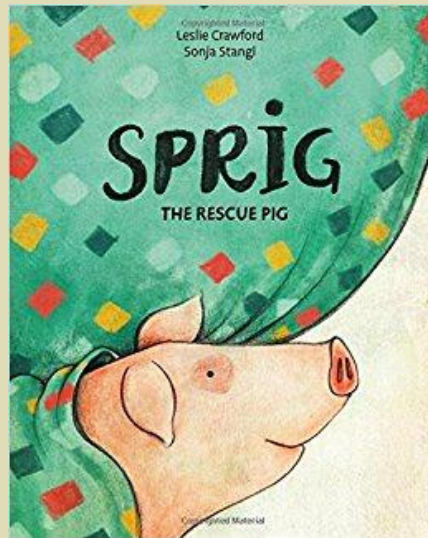
### Carbon Cycle Institute

Scientists at this institute are working on climate change reversal using carbon farming and regenerative land management. Such practices build soil carbon on farms and ranches, removing it from the atmosphere.



### Stone Pier Press

This brand 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 will include books for adults, children, and teens. Get a copy of the adorable and unforgettable *Sprig the Rescue Pig* today!



### The New Food Economy

A nonprofit newsroom featuring investigative journalism on food and agriculture—served up with biting realism and a touch of humor. The free newsletter is well worth reading.

### Seed Savers Exchange

By collecting heirloom seeds, this organization allows gardeners to trade rare seeds. The seed bank is helping to preserve biodiversity while conserving garden and food crop heritage for the future.

### 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.

### Maine Coast Heritage Trust

At Erikson Fields, the Kids Can Grow program allows Maine families 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. Older kids can learn gardening as well on the Teen Ag Crew, harvesting food to donate to those in need. There's something for everyone in the summer in Maine.

### 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.

### 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.

### 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 Santropol Roulant

### 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.

### Fair Food Network

Michigan-based nonprofit that doubles SNAP money for produce, helping low income shoppers to eat healthy. Also runs programs to support local farmers and good food entrepreneurs.

### 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.



Image from Food Forward

### 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!

### Student Action with Farmworkers

SAF coordinates the work of college students and activists who help to improve life for farmworkers in the U.S. Students assist farmworkers with access to health care and address legal, economic, and social problems.

### 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.



### Bullsugar Alliance

South Florida has a problem with toxic algae in our rivers, lakes, estuaries, and in the ocean and gulf that cup the state. The problem is getting worse, largely due to a deadly combination of climate change with fertilizer and waste runoff, mostly coming from sugar cane farms. Bullsugar Alliance is spreading the word about the threat to our environment—and to the majestic Everglades.

### Daily Table

This unique grocery store in Boston carries only donated and deeply discounted foods, addressing both food waste by recovering healthy items from supermarkets, growers, and distributors *and* selling at low prices to those in need.

### Food for Soul

An international program spearheaded by renowned chefs who make delicious, healthy meals from food that would go to waste. Delightful meals are served to those in need in beautiful refurbished buildings. Available in Milan, Rio, London, and Paris. Why not the US?



Image from Food for Soul

**"Food is a powerful tool for change."—Food for Soul**

## 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

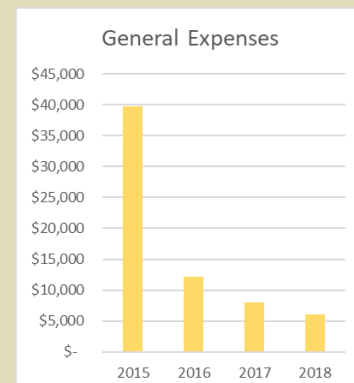
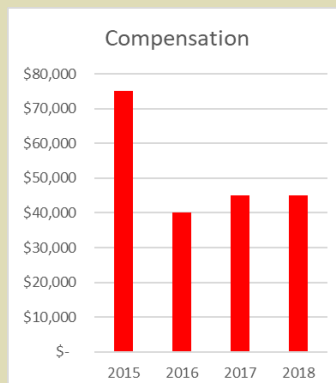
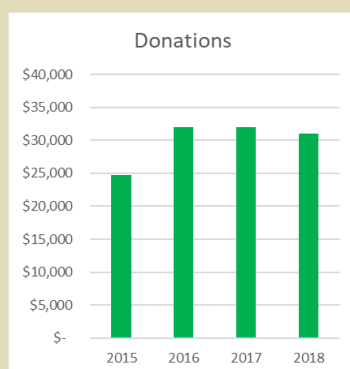
Mel Goss, Secretary/Treasurer and Tech Support

### Our Location

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

### Our Financial Info

Our goal is to spend less but donate to more worthy causes, so we're keeping it even leaner and meaner at home while spreading the FNR network around the US—and elsewhere.



## MOTTAINAI

FNR released a book in January 2017 in order to share an important message on a subject we feel strongly about: sustainable agriculture. But we're sharing the message in a unique and entertaining way. Dixi Books agrees with our vision and will re-release the book in the September 2019. The European publisher with a whole-world mission aims to have the book translated into Japanese and other languages.



*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.





## A GARDEN ON TOP OF THE WORLD

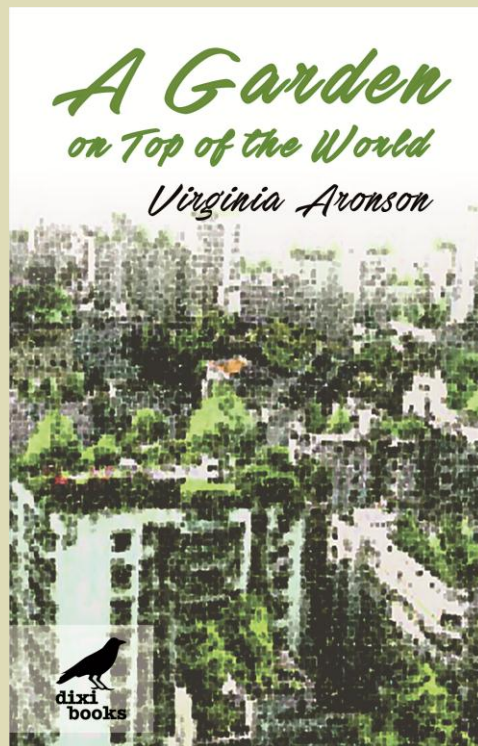
We've written a futuristic novel about gardens intended for teen readers—and now we have the perfect publisher! Dixi Books will release the book in January, 2019.

*A Garden on Top of the World* is set in the not too distant future when climate change and technological advances have made the world unrecognizable. Due to extensive worldwide flooding, many people live in relocation cities. The world is fed on 3D foods delivered by drones.

Jonnie is sixteen, she's smart and curious and intersex. Right now she identifies as a girl, but she's trying to decide who and what she wants to be. She lives in Greenland with her extended family, who operate a call center out of their small apartment. Her schooling is online, so she's isolated and lonely despite living in a big building in the overpopulated relocation city of Shamed.

When Jonnie meets Red, a homeless man camping out on the roof of her high rise, she embarks on an adventure. She decides to build a garden and grow food for her family. Not 3D food, real food. Red wants to help and together they meet with scientists, visit an underground urban garden, and make friends with a set of twins, one of whom is also intersex.

In her quest for real food, Jonnie's small world opens up, presenting big opportunities for hope and change.



## CONTACT US

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

Food and Nutrition Resources Foundation, Inc.

600 NE 20<sup>th</sup> Avenue

Deerfield Beach, FL 33441

561.393.0515

[info@fnrfoundation.org](mailto:info@fnrfoundation.org)

[www.fnrfoundation.org](http://www.fnrfoundation.org)

