

Food and Nutrition Resources Foundation

2024 Annual Report



Photo by Nadine Primeau on Unsplash

Mission

FNR supports nonprofits working to improve our food system, and we're finding plenty of deserving organizations around the US—and elsewhere.

Recipients

A list of our 16 award winners for 2024.

Stats

We are able to support more worthy organizations due to reducing our overhead to an all-time low.

Resources

This year we launched On the Med, a free online program that helps users find healthy Mediterranean diet options at 100+ national restaurant chains. We also shared a series of profiles on the popular platform Medium to highlight some of the movers and shakers in the good food movement.

About Us

The board of advisors is helping us keep the memory of our founder alive as we continue to do his good food work.

MISSION

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

Major interests:

Food justice

Farm animal and farmworker welfare

Good food education

Regenerative farming and soil health

Innovative approaches to urban and rural food distribution

Food waste reduction

Climate change and the food system



Image from Food for Soul

"Culture brings knowledge. Knowledge leads to consciousness. And when we become conscious we are one short step away from becoming socially responsible. Culture is the key."

—Massimo Bottura, Founder, Food for Soul

Goals:

The mission of FNR is to fund nonprofits 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 \$1000-\$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 World Central Kitchen

**"When you need medical service, you bring doctors and nurses.
When you need the rebuilding of infrastructure, you bring in
engineers and architects. And if you have to feed the people, you
need professional chefs."**

—José Andrés, Founder, World Central Kitchen

RECIPIENTS

A list of our 15 award winners for 2024.

World Central Kitchen

José Andrés and his chef network respond to crises around the world with food assistance and meal donation management. This year they arrived immediately after Hurricane Helene to serve hot food to those dealing with the unprecedented devastation in Asheville, NC. Earlier in 2024, WCK suffered a tragic loss when an airstrike hit their food transport vehicles in Gaza; 7 innocent workers died. Yet Andrés' heroes carry on, providing good food to those in need around our war-torn, disaster-ravaged globe.

Food for Soul

To combat food waste *and* world hunger, professional chefs utilize unwanted food to create delicious, nutritious meals for those in need. Food is served restaurant style with emphasis on personal dignity for the diners. Launched in Italy, the program now brings joy and nourishment to people around the globe. More than 150,000 chefs and volunteers have served some 3.5 million meals in 13 spacious and attractive "*refettorios*" located in France, England, Switzerland, Brazil, Peru, Mexico, and Australia, with 4 locations in Italy and 2 in the US. And more to come!

Bread and Roses Community Kitchen

For over 40 years the residents of Lawrence, Massachusetts, have had access to free meals and food pantry supplies. In October of 2022, the program hosted less than 200 participants. In October of 2023, usage jumped to 10,000 participants! The 2024 visits have averaged around 12,000 per month. Seniors, immigrants, veterans, the unemployed, low income families, anyone struggling and in need of food assistance in the Merrimack Valley is welcome; no paperwork is required and ID is not needed. Everyone is served in this generous community kitchen because 3 out of every 4 area residents must deal with food insecurity.

Daily Table

This unique chain of grocery stores in the greater Boston area sells donated and deeply discounted products to those seeking affordable healthy foods. The program addresses food waste by recovering good food items from supermarkets, growers, and distributors; they tackle food insecurity by selling these products at low prices. They also offer free cooking and nutrition classes in the communities they serve, and hire neighborhood residents for the living wage jobs available in their 5 store locations.



Image from Daily Table

Farm Forward

Factory farms are a relatively new invention in agriculture. Small family farms with roving, grazing animals are now rare; meanwhile, an estimated 99% of all farmed animals lead lives of intense suffering, cooped up in crowded warehouses. To reverse the current model would be a return to humane farming, raising animals with access to the outdoors and with much less density, no genetic manipulations, and attention to both farmworkers' rights and protecting the local environment from pollution. A significant majority of American citizens are in favor of a transition to higher welfare farms. Fortunately for us, Farm Forward is working on it.

Food Forward

Volunteers gather unwanted fruits and vegetables from private yards, public parks, and farmers markets to donate to food banks, schools, and nursing homes. The unsold but still fresh produce is trekked around Southern California, and to Texas, Utah, Nevada, Oklahoma, and tribal areas of Arizona and New Mexico. The program provides fresh food to more than 280,000 people every year. Michelin-starred chef Minh Phan is their Artist in Residence; she is creating an immersive exhibit using repurposed food waste in order to highlight the role of food in culture and art.

Table for Two USA

This educational nonprofit sponsors fun, innovative programs to introduce schoolchildren K-12 to healthy Japanese cuisine. Programs teach food culture and cooking skills to students *and* provide healthy school meals to hungry children in East Africa and around the US. Their annual Onigiri Action social good campaign has become a social media sensation, transforming Japanese rice balls into an internationally beloved treat.



Image from Table for Two USA

The Food Project

Boston area teenagers are hired to work in local fields and gardens, farming sustainably and donating the fresh produce to provide hunger relief around the state of Massachusetts. This learn-by-doing program has graduated more than 1800 skilled youths and cultivated 5 million pounds of produce on 70 acres of urban and suburban land.

Veggies to Table

Almost half of all schoolchildren in Maine require free lunches in order avoid going hungry. This grow-to-donate farm provides organic produce to local schools, as well as to food pantries, housing organizations, YMCAs, community tables and fridges. They grow more than 85 different kinds of fruits, veggies, herbs, and flowers. The flowers are for bringing joy to everyone's table!



Image from Veggies to Table

Greenagers

This training program is for teens and young adults living in the Berkshires, Connecticut, and New York state. Participants work in land conservation, sustainable and organic farming, and animal husbandry. They build front yard gardens, harvest produce to donate to area relief programs, rebuild hiking trails, and form deep connections to nature and the land.



Image from Greenagers

Food Link

This organization serves as the missing link between unsold high quality food and unfed hungry people in the greater Boston area. Volunteers rescue unwanted food and deliver it to more than 100 local agencies serving schoolchildren, seniors, low-income families, veterans, and refugees. In this way, food retailers, food distributors, and small farms are able to easily donate their extra food—fruits, vegetables, meats, dairy, bread, and prepared items—to local people in need. A community win-win!

18 Reasons

This nonprofit cooking school in San Francisco offers classes and food focused events geared to children, teens, adults, parents, or childcare professionals. Their programs reach more than 3500 participants each year, teaching basic cooking skills and nutritious meal preparation in order to improve community health.

Maine Coast Heritage Trust

Aldermere Farm is a 136-acre saltwater farm preserve in Rockport, Maine; the neighboring Erickson Fields Preserve includes 164 acres of hiking trails and community gardens. Both places are settings for educational programs that teach regenerative farming techniques and allow young people to help harvest fresh produce for local hunger relief.



Image of Belted Calloway cattle from Aldermere Farm

Fair Food Network

Since introducing the Double Up Food Bucks program to the state of Michigan in 2019, this organization has documented the purchase of more than 175 million pounds of fresh produce by people who rely on SNAP (food stamps). The program now serves as a national model with participating families across the country buying more fresh fruits and vegetables; produce sales have increased, giving a boost to local farms. Everybody wins!



Image from Fair Food Network

Socially Responsible Agriculture Project

As a community advocate, SRAP educates, protects, and supports people living in neighborhoods under threat or being damaged by industrialized livestock operations. Massive animal meat factories are polluting our air, water, and soil, impacting the health, economy, and living conditions for an increasing number of American citizens. While the farm animals forced to live in deplorable conditions continue to suffer, the contract farmers who work for Big Ag are also oppressed. SRAP is helping farmers find a better way.

Check out the map ([GIS Portal](#)) to see if your state allows Big Ag to dump tons of animal waste and ruin your local environment.

Food 4 Farmers

Since coffee growers face "thin months" when the crop is out of season and no money is coming in, this organization assists coffee farming families to achieve food security. Local food systems in Mexico, Guatemala, Nicaragua, and Colombia are strengthened with programs that teach beekeeping, establish women-run organic markets, and set up coffee cooperatives and farmers markets. Sustainable farming techniques are taught, free fruit trees are distributed, and home gardens are planted in order to help the coffee farming families thrive year-round.



Image from Food 4 Farmers

"Despite significant challenges, including violence, kidnappings, and climate unpredictability, our initiatives have driven impactful change, strengthening food security, promoting sustainable agricultural practices, and supporting local economies."

—Food 4 Farmers

STATS

We are able to support more worthy organizations after reducing our overhead to an all-time low.

Our Team:

[Virginia Aronson, Executive Director](#)

James Goss, Director

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

Board of Advisors:

Laura Englander

Lynn V. Hewes

Leah Ronan

Our Location:

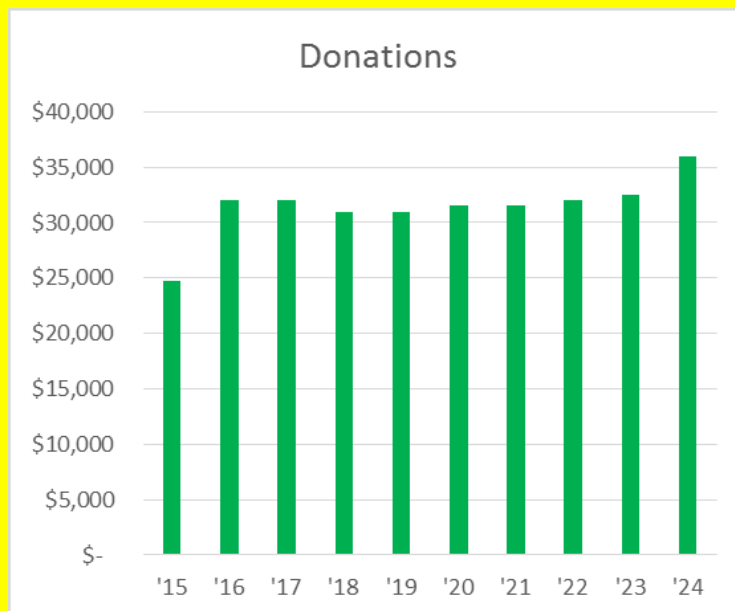
Food and Nutrition Resources Foundation, Inc.

638 NE 8th Ave.

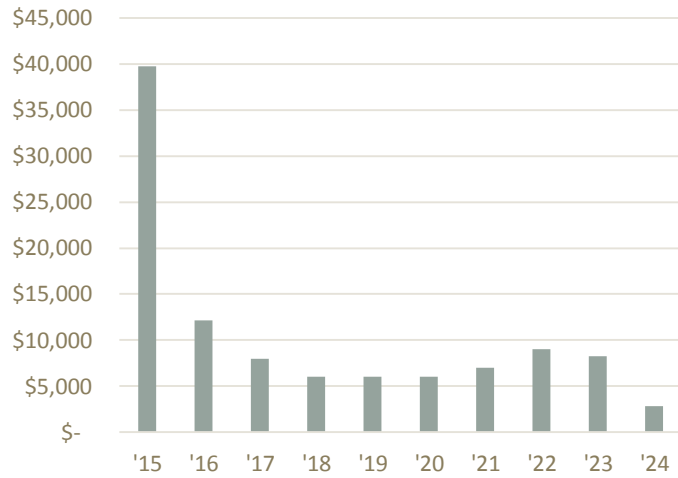
Boynton Beach, Florida 33435

561.393.0515

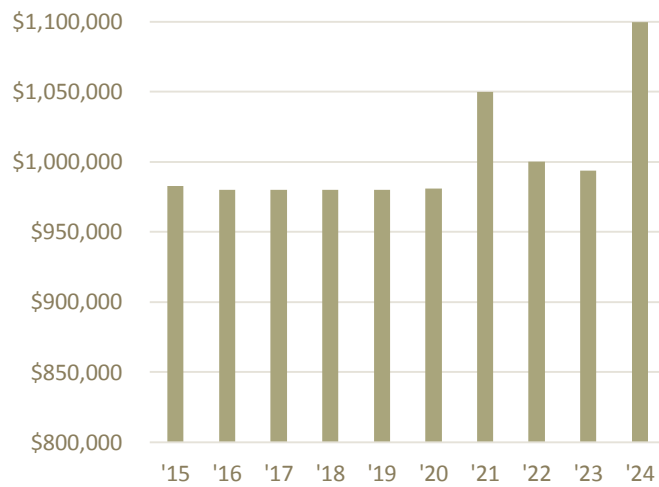
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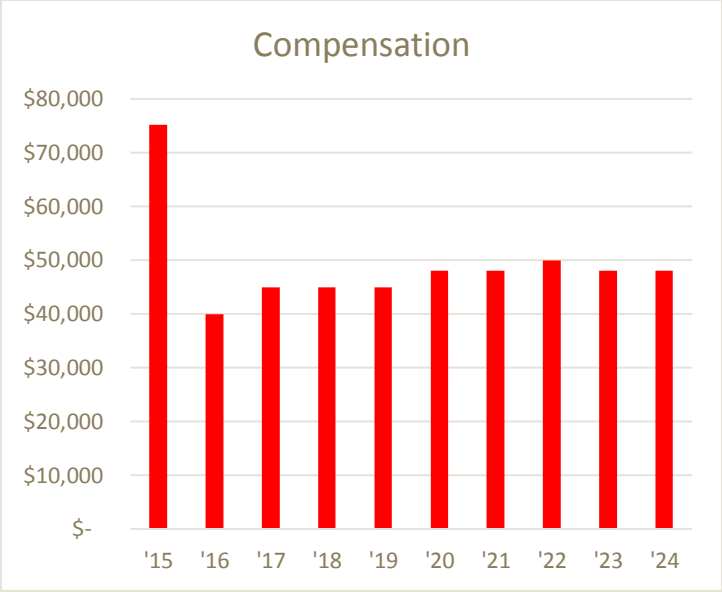


General Expenses



Assets





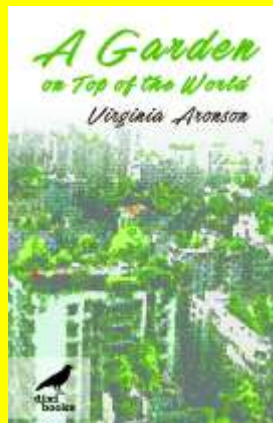
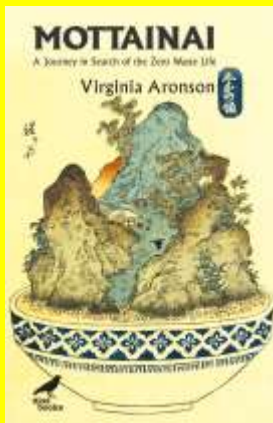
RESOURCES

This year we launched our second free online educational program called On the Med. From our website, users can click on menus from more than 100 national restaurant chains. On the Med lists those choices which adhere to the good-for-you Mediterranean diet. Ads placed in social media have brought in some 1500 users.

We also posted a series of good food profiles on the media platform Medium. These short essays focus on early and contemporary leaders in the fields of agriculture, food, and nutrition. Good food heroes covered include Louis Bromfield, José Andrés, and Masanobu Fukuoka; the anti-heroes are Big Food, Big Ag, food faddists and promoters of dietary foolishness.

Like the information in our online interactive nutrition education program Level Up, the good food profiles and the On the Med menu guide are intended to steer Americans away from ultra-processed foods toward a diet of healthy food. Real food. Good food.

Our educational and fun books are still available on Amazon for those who enjoy reading eco-fiction.



ABOUT US

Laura Englander, Lynn V. Hewes, and Leah Ronan, FNR Foundation's Board of Advisors, generously share their savvy expertise. With their help, we continue to carry on the good food work of Ed Goodstein, our founder, idea man, and guiding hand.

Take a look at the website to see more about what we are up to. And feel free to contact us for information regarding On the Med, Level Up Your Nutrition, our books, or any of the organizations mentioned in this report.

Food and Nutrition Resources Foundation, Inc.

info@fnrfoundation.org

www.fnrfoundation.org



Photo by Joni Ariadi on Unsplash