

2025 Annual Report



Food and Nutrition Resources Foundation

Mission

FNR supports nonprofits that work to improve the health of our food system and the availability of good food for all people while protecting the planet.

Recipients

A list of our 15 award winners for 2025.

Stats

Many people are struggling to buy good food in these uncertain times. Food and nutrition organizations are stepping in to help wherever they can. We're donating larger amounts to help feed those in need while funding the deserving nonprofits that lost government support.

Media

In addition to our bimonthly essays on Profiles in Good Food posted on Medium, we now post regularly on BlueSky on the topic of food safety. With government funding for food safety slashed to the bone, increasing numbers of issues and alerts need sharing.

Contact Us



Good Way Gardens offers live concerts every Sunday, from goodwaygardens.org

MISSION

FNR supports nonprofits that work to improve the health of our food system and the availability of good food for all people while protecting the planet.

Major interests:

Food security

Farm animal and farm worker welfare

Nutrition and good food education

Regenerative, sustainable farming and soil health

Urban and rural food distribution

Food safety, protection from agricultural pollution

Food waste reduction

A food system that slows climate change

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 this way, FNR donations are made in the form of no strings attached awards. They 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.



Founders photo from veggiestotable.org

By engaging folks of all ages, backgrounds, and socio-economic status to volunteer with us, we encourage broader conversations about food insecurity, the role agriculture plays in our lives, and how one tiny community can make a big difference in the well-being of their neighbors in need.

—Veggies to Table

RECIPIENTS

A list of our 15 award winners for 2025.



A beautiful store, closed now; image from daillytable.org

[Daily Table](#)

This unique chain of grocery stores in the greater Boston area has *closed!* We are so sorry to see them go! The five store locations carried donated and deeply discounted foods, addressing food waste by recovering healthy items from supermarkets, growers, and distributors *and* reducing food insecurity by selling these products at low prices. Another casualty among the many in an era of slashed government support for food security.

[Eat Better, Live Better](#)

This Florida-based program reached out to us for help due to (you guessed it) cuts in federal funding. They provide healthy foods and produce to those dealing with food insecurity. Fresh food is delivered and made available at pop-up events for schoolchildren, senior citizens, and underserved communities. Which is even more important now than ever before!

[Food Forward](#)

Volunteers in Southern California gather unwanted fruits and vegetables from private yards, public areas, farms and farmers markets to donate to area food banks, homeless outreach programs, and services that address hunger relief for teens, college students, LGBTQ+ and seniors. *In response to government shutdown and lack of SNAP benefits for food stamp recipients, Food Forward is increasing their distribution of fresh produce to the YMCA network across LA county; this is in addition to their weekly distribution of 5.5 million pounds of fresh fruits and veggies.*

[Maine Coast Heritage Trust](#)

Erickson Fields is one of many preserves the Trust conserves for the citizens of the state of Maine. A former dairy farm, the land is home to sustainable gardens where teens grow food. High school students plant, harvest, and distribute fresh produce for hunger relief in the area. This year they grew and distributed 18,000 pounds of fresh fruits and vegetables.

[Food 4 Farmers](#)

Coffee is not enough: coffee farmers are unable to support their families year-round, even when they grow fair-trade organic-certified beans. So this nonprofit helps coffee-growing communities plant home gardens, learn beekeeping skills, create farmers markets and co-ops. Projects have led to improved food security for coffee farming families in multiple Latin American countries, leading to better nutrition, improved business skills, and income generation for women and young people.



Image from food4farmers.org

[Good Way Gardens](#)

This uniquely creative organization in Kansas cultivates culture as well as fresh food. By sponsoring live outdoor concerts, arts and crafts programming, and a community garden, they bring local artists and neighbors together out in nature for good food and good fun. What an excellent idea! There's something good for everyone.

[Greenagers](#)

Another worthy organization needing help this year due to federal cuts. Working with Greenagers, teens in Massachusetts learn about soil-enriching agriculture and humane animal husbandry on a farm that uses regenerative techniques. Participants also build food gardens for area residents. If you buy a garden for your home, one will be donated to a family in need—and there are more of these families now with all the government cuts.



Image from Greenagers

[World Central Kitchen](#)

One of our favorite recipients, WCK is working hard and with heroic bravery to feed the starving people of Gaza; since the cease fire, they've been serving returning residents. And they've been feeding the families of the returned hostages in Israel as well. WCK chefs have continued to feed those in need in many parts of war-torn Ukraine. They take planes, boats, and ATVs to bring food to the remote communities in Alaska that were flooded by a typhoon, and were ready to feed island residents after hurricane Melissa struck Jamaica. *In DC, WCK is serving several thousand hot meals daily to federal workers and their families who are not being paid during the government shutdown.*

[Veggies to Table](#)

One out of every seven Maine residents does not have enough to eat. So when a French bread baker and his American wife moved from Paris to Newcastle, Maine, they were inspired to create this grow-to-donate farm. In six robust seasons on a mere 1.3 acres, they've been able to donate 77,000+ pounds of organic produce to local schools, food pantries, housing organizations, and community organizations. They also grow beautiful flowers—which they donate in order to bring joy to everyone's table.

[Action Against Hunger](#)

The mission of this international organization is to save the lives of undernourished children and their families before, during, and after disasters and conflicts. Ninety cents of every dollar donated goes out to the programs in the field, feeding more than 26 million people annually in 55 countries. Efforts are being made to save the starving in Gaza where, sadly, three of the organization's workers were killed in a matter of months.

[Women's Bakery](#)

At several bakeries in Rwanda, local women are trained for 200+ hours in the skills needed to become professional bakers. They make food for the One Bread project, a nutrition boosting program for schoolchildren. Last year the bakeries provided snack rolls fortified with protein, fiber, and essential nutrients to some 20,000 students.



Photo from womensbakery.com

[Food Link](#)

Acting as a bridge between food waste and hungry people, this program enables volunteers to rescue unwanted good food from grocery stores, restaurants, and farms. Last year the program brought 1.6 million pounds of food to 120 agencies that made 1.34 million healthy meals, serving residents in 47 cities and towns in the Greater Boston area.

[Farm Forward](#)

Small American farms with roving, grazing animals are rare; meanwhile, an estimated 99% of all factory farmed animals lead lives of intense suffering, cooped up in crowded and unhealthy warehouses. To reverse the current model would be a return to humane farming: raising animals with access to the outdoors and with room to move and grow, and with no genetic manipulations. Farm Forward is working on this with public education and policy change efforts. How did we move so far away from caring for our farm animals with the care all living beings deserve?

[Fair Food Network](#)

As soon as the government shutdown began threatening to halt SNAP benefits, this Michigan organization enhanced their popular Double Up program, providing users with more buying power for fresh produce. The Network used state and private funding to offer extra benefits including "bonus bucks." And they expanded to more sites—including farmers markets and corner stores.

This creative education nonprofit sponsors an array of innovative programs to introduce schoolchildren to healthy Japanese cuisine. Kids learn about nutrition and cooking, and meals are provided to hungry children in Africa and around the US. This year they produced a gorgeous new cookbook for kids and their families!



FNR/9

STATS

People are struggling to buy good food in these uncertain times. We're donating larger amounts to organizations that feed people and trying to help shore up deserving nonprofits that lost government support.

Our Founder:

[Ed Goodstein](#)

Our Team:

[Virginia Aronson, Executive Director](#)

[James Goss, Director](#)

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

Board of Advisors:

[Leah Ronan](#)

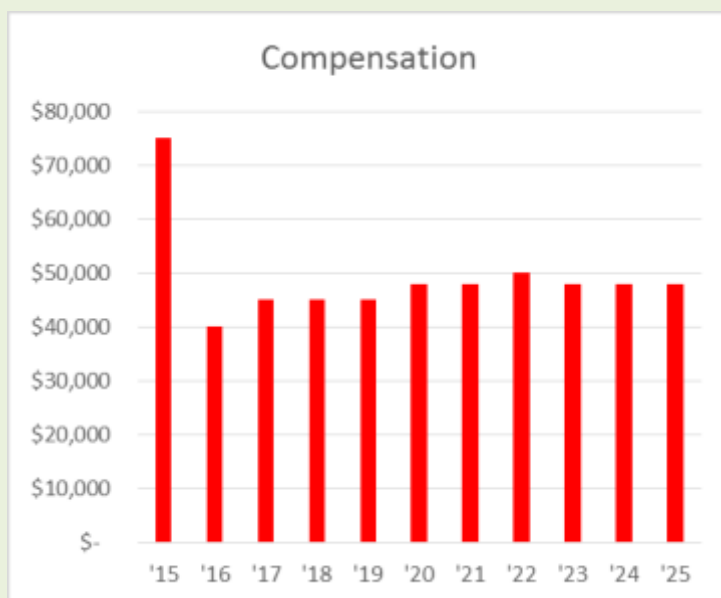
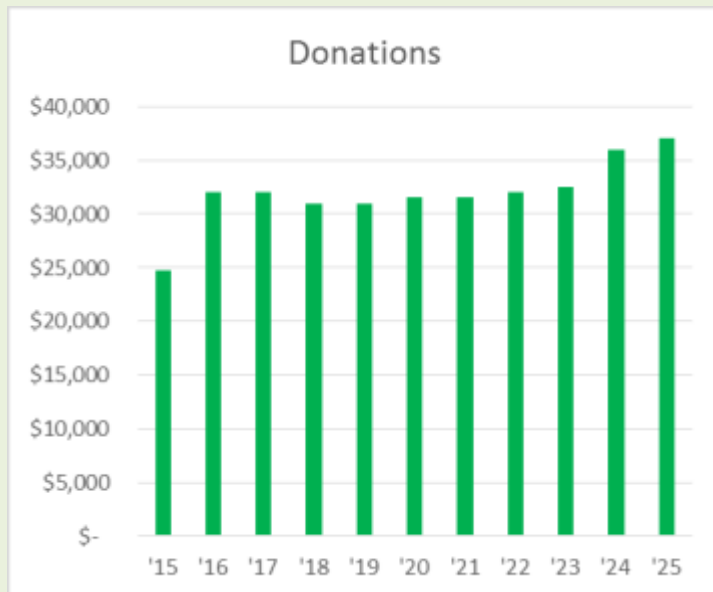
[Laura Englander](#)

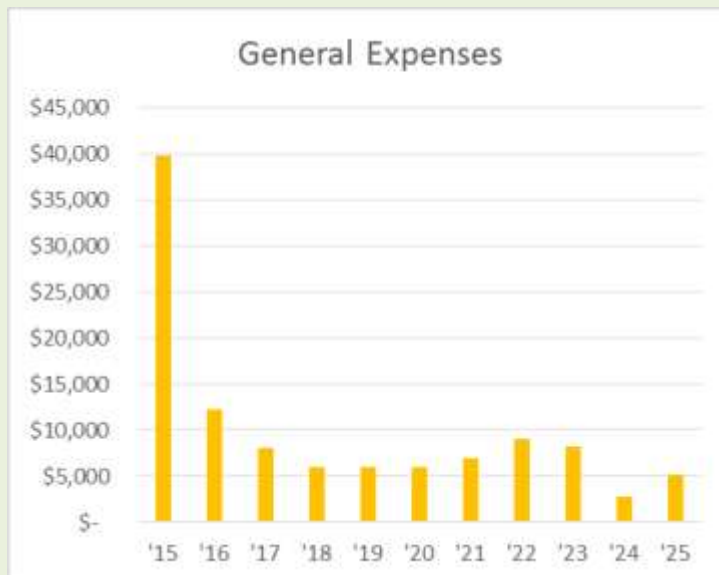
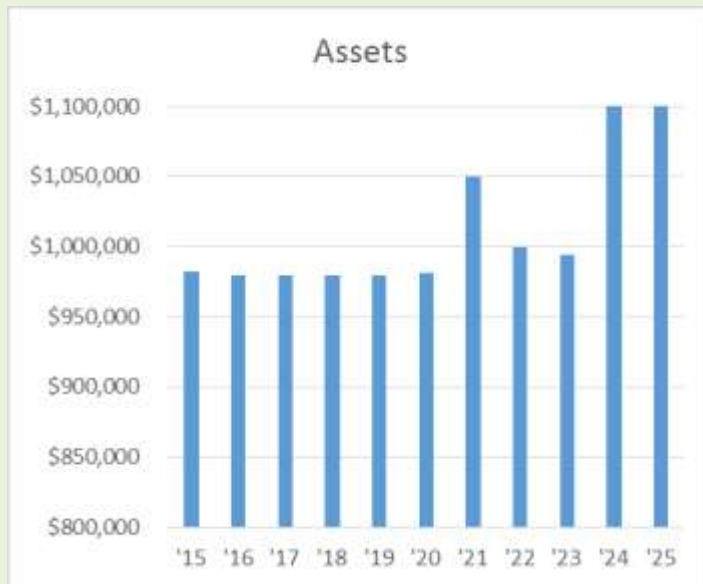
[Lynn V. Hewes](#)

Our Location:

Food and Nutrition Resources Foundation, Inc.
638 NE 8th Ave.
Boynton Beach, FL 33435
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Our Financial Info:





Media

FNR offers two free online educational programs: Level Up Your Nutrition and On the Med. From our website, users click on the interactive online nutrition education program Level Up. Text and tests allow users to learn about food, agriculture, and healthy climate-protecting diet choices. Also available from the website, On the Med offers users a way to find good-for-you Mediterranean diet choices from menus for more than 100 national restaurant chains. Ads placed in social media have brought in thousands of users.

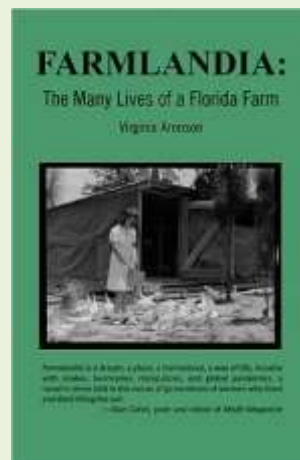
FNR also posts good food profiles on the media platform Medium. These short essays focus on early and contemporary leaders in the fields of agriculture, food, and nutrition. Books, films, TV series, and more are covered several times a month. Visit at medium@virginiaaransonwriter.

New this year is FNR's social media presence on BlueSky. FoodSafe warns users about foodborne illness outbreaks, cuts to government food programs and food safety programs, and other issues facing consumers in this difficult time. Visit at [@FoodSafe.bsky.social](https://bsky.app/profile/FoodSafe.bsky.social).

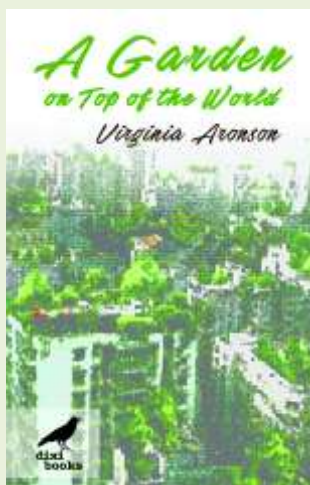
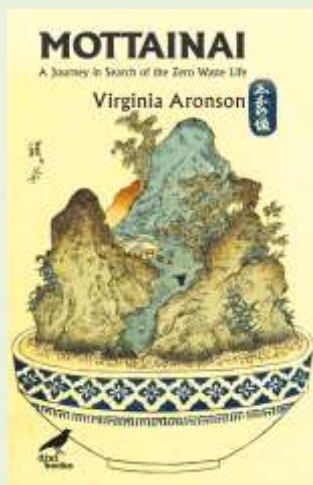
Level Up online nutrition education, On the Med menu guide, Profiles in Good Food, and FoodSafe are all intended to steer Americans away from ultra-processed foods toward a diet of healthy food. Real food. Good food. And, hopefully, safe and affordable food.

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

Farmlandia tells the stories of a series of women who live and work on the same plot of Florida land over a period of 160 years. After the hot, sandy land is homesteaded and brought to fruition, it becomes home to a young girl, an old woman, hippies, a troubled corn farmer, and a teenage factory farm worker. Much changes on this piece of land, as it has on land around the US over the past decades.



Our other books include *Mottainai: A Journey in Search of the Zero Waste Life*, *A Garden on Top of the World*, and *Bull Sugar*. Published by Dixie Books, a European activist press, all our books are eco-fiction and appropriate for readers ages 12 and up. Books have been translated into Korean and two are currently being translated into Turkish!



CONTACT US

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

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Photo by Andrew Benjack on Unsplash

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