



At a time when eating well is more important than ever...

Ceres Community Project can help.

When you're facing a life-altering illness, being well-nourished is very important. Ceres is a non-profit delivering meals designed to support you when your health and appetite are compromised.

- ♥ Each week we deliver enough prepared food for five meals to your home.
- ♥ We provide food for the whole family.
- ♥ Meals are provided on a sliding scale, and **many clients' meals are free.**

We're here to make healthy foods a part of your treatment plan and help you discover a new way of eating to support your healing and long-term health.

Community Partners

We are grateful for the financial and in-kind support of our Healing Meals Program by the following businesses and foundations:

- Bethlehem Foundation
- California Department of Food & Agriculture
- Community Foundation of Sonoma County (Basic Needs Grant)
- County of Sonoma
- Crescent Porter Hale Foundation
- Gourmet Mushrooms
- Harbor Point Charitable Foundation
- Kaiser Permanente
- Jonas Family Foundation
- North Bay Fire Relief Fund
- Oliver's Market
- Patelco Credit Union
- Redwood Hill Farm & Creamery
- Sonoma Wine Country Weekend
- Sutter Health
- To Celebrate Life Breast Cancer Foundation
- Whole Foods Market



You'll find lots of information and resources at

CeresProject.org

Or call

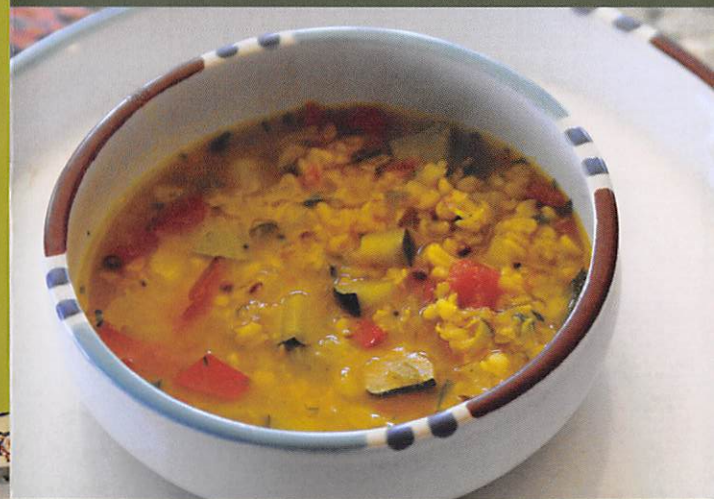
707-829-5833

Donations can be made via our website, or sent to
Ceres Community Project
PO Box 1562
Sebastopol CA 95473
Federal Tax ID 26-2250997

CERES COMMUNITY PROJECT

Healing Meals

Prepared with Love for People Facing a Health Challenge



serving Marin and Sonoma counties
from our kitchens in San Rafael, Santa Rosa and Sebastopol



A Ceres meal is

- ♥ **WHOLE** - our meals are delicious and nutrient-rich.
- ♥ **ORGANIC** - healthier—and safer—for you, and for our planet
- ♥ **LOCAL** - the freshest foods, at their peak
- ♥ **LOW-GLYCEMIC** - to support healthy blood sugar levels
- ♥ **MADE WITH LOVE** - by our teen and adult volunteers, because we care about you!

Each week we include a wide range of vegetables, whole grains and proteins in our meals.

What you won't find in any of our meals are refined flours or sugars, processed foods, or additives of any kind.

For more about our food philosophy and to see sample menus, please visit our website CeresProject.org

We serve those who are

- ♥ Newly diagnosed with (or experiencing new symptoms of) a life-altering illness
- ♥ Having difficulty shopping or preparing meals
- ♥ Not on hospice care
- ♥ Living in Sonoma or Marin County

If you don't meet our program criteria, but would benefit from home-delivered healthy meals and have the financial means to purchase them, please call us. Purchasing full-price meals from Ceres supports our programs and your health. Space is limited.

Our Mission

At Ceres Community Project we create health for people, communities and the planet through love, healing food and empowering the next generation.

- ♥ We provide beautiful, delicious and nourishing organic meals to people who are facing a health challenge.
- ♥ We train teen volunteers to prepare and enjoy healthy whole foods. They gain job and leadership skills, and discover the joy of giving to others.
- ♥ We connect people of all ages and from all walks of life to one another and to their value as an integral part of the community.

Hearing from Ceres was the first really great news I got after my diagnosis. The day that food came it felt like my burden was cut in half. . . It said, "you are not alone." Needless to say you have a special place in my heart.

Gere, Ceres Client

Call us today to find out whether our service is right for you!
Thanks to the generosity of our donors and volunteers, many of our clients receive meals free of charge.

clients@ceresproject.org
or 707-829-5833 x201

The nourishment of real food and the healing power of a caring community.



Ceres
COMMUNITY
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