

# Annual Report and Strategic Plan



JULY 17, 2023

THE NOURISH AND DEVELOP FOUNDATION

The Nourish and Develop  
Foundation  
**NOURISH  
HOUSE**  
38 Cameron Street,  
Cannington  
For appointments or inquiries call:  
**705-432-2444**


YORK ST.  
CAMERON ST.

# 2022 Annual Report Summary




# 2022 Impact

**3,347**  
individuals  
served at  
Nourish House  
Food Bank



**40%**  
new clients

**106%**  
increase in  
Food Bank visits



**4,566**  
meals  
processed  
for our Food Bank



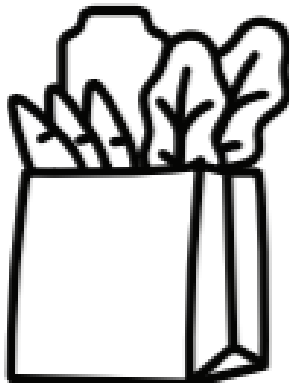
**2,472**  
Mobile Food  
Market visitors



**1,010**  
workshop  
participants



**52**  
new community  
connections with  
social service providers



**10,811**  
items sold at Mobile  
Food Market

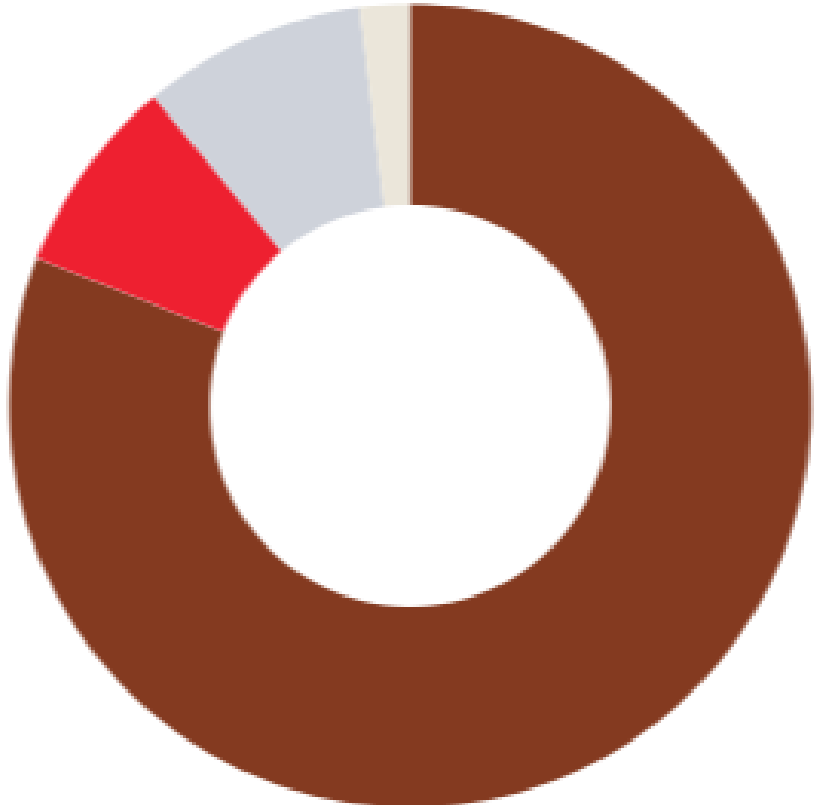


**\$42,317**  
in therapy sessions  
sponsored

# 2022 Financials

## Expense Breakdown

- 81% Programs & Services
- 8% Professional Services
- 9% Operational Services
- 2% Administrative Services



## Income Breakdown

- 71% Programming Income
- 19% Donations
- 10% Grants & Funding



A person wearing a light blue long-sleeved shirt, dark pants, a wide-brimmed hat, and blue shoes is using a shovel to dig a trench in a field. The field is filled with green grass and yellow dandelions. In the background, there are trees and a line of bushes. The text "2023-2026 Strategic Plan" is overlaid in white on the image.

# 2023-2026 Strategic Plan



# Strategic Directions

1. Proactive & Sustainable Organization
2. Thriving & Resilient Team
3. Interconnected with Community

## Restructuring





# New Mission

"To connect people to nourishing food and supportive resources, empowering the community to come together to develop lasting change."

# New Vision

"A thriving community where everyone is food secure, safely housed, and well supported."

# New Values

Curiosity, Connection, Advocacy, Responsiveness, Equity

# Food Services

- Nourish House Food Bank
- Community Kitchen
- Community Lunch
- Maple Tree Community Garden
- Seed Library
- Mobile Food Market
- Night Market
- Food literacy
- PA day and summer camps for kids
- *and much more!*

# Social Services

- Transitional Housing
- System navigation
- Referrals
- Safety planning
- Community showers
- Material goods (e.g., clothes, gas, household essentials, etc.)
- Life-skills workshops (e.g., first aid, budgeting, etc.)
- *and much more!*

**Across both branches, we do community building, education, and advocacy**



Nourish & Develop's

# COMMUNITY Lunch



Thursday, July 20

11 AM - 1PM

16 York St, Cannington

+ Free Workshop @ 1 PM - 2 PM

**EATING WELL ON A BUDGET**

presented by



## MENU

Pulled Pork on a  
Bun

Coleslaw

Pulled Jackfruit on  
a Bun

Parsnip Cupcakes

Fruit Salad



Contact Us:

705-432-2444 | [info@tndf.ca](mailto:info@tndf.ca)



Thank you!