

Food and Nutrition Resources Foundation

2022 Annual Report



Image by Anna Pelzer on Unsplash

Mission

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

Recipients

A list of our award winners for 2022.

Stats

We are reaching out to more worthy organizations, while trying to keep our own expenses low in this difficult economy.

Media News

This year saw the publication of *A Garden on Top of the World* in South Korea and *Bull Sugar* in the UK. We also launched a free online education program, Level Up Your Nutrition.

About Us

We're fortunate to have the help of a new board of advisors as we mourn the passing of our founder, Ed Goodstein.

MISSION

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Major interests:

Food justice

Farm animal and farm worker welfare

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 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 Wholesome Wave

"We know that without adequate nutrition, people can be fed and still starving. It's not just about providing enough food, but the right food!"

—Wholesome Wave

RECIPIENTS

A list of our award winners for 2022.



Image from World Central Kitchen

[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 fed victims of Hurricane Ian in Florida, Hurricane Fatima in the Caribbean, and a huge storm in Alaska, as well as survivors of massive flooding in Pakistan. They risked life and limb to bring hot food to the people of war-torn Ukraine, and delivered clean drinking water to residents in Jackson, Mississippi. WCK offers meal kits to migrants and refugees, and global volunteers are on the spot whenever and wherever disaster hits.

[Wholesome Wave](#)

Research has shown that when fruits and vegetables are prescribed by a medical provider, patient health improves while healthcare expenditures are reduced. After developing a successful produce prescription program, Wholesome Wave is expanding adoption by reaching out to community-based organizations in low income areas suffering from food and nutrition insecurity.

Fresh Rx

Using the produce prescription model combined with local organic farm outreach, Fresh Rx helps patients in Florida access healthy food options. They also sponsor a garden program for schoolchildren.

The Community School

Renamed the Bear Camp Center for Sustainable Community, this New Hampshire farm is a hub for multi-generations, providing food, education, and socialization for the local community. The farm serves up locally sourced foods and provides fresh meals to go.

Common Threads

Programs teach cooking skills and nutrition lessons to school kids and parents with online and in-person classes.

Conservation Law Foundation

As part of their programming to protect and improve the natural environment in New England, CLF is helping build a sustainable regional food system. They provide free legal aid to farmers and small food businesses, as well as assisting with the establishment of urban agriculture projects and city food gardens.

Socially Responsible Agriculture Project

Industrialized livestock operations pollute the water, air, and land, creating a nuisance and a health hazard for those living nearby. SRAP helps impacted communities organize for self-protection, while fighting for the rights of farmers abused by the big meat corporations.



Image from SRAP

Food 4 Farmers

Various programs 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.



Image from Food 4 Farmers

Table for Two USA

The national arm of this international nonprofit sponsors an array of innovative programs to introduce schoolchildren to healthy Japanese cuisine, teach nutrition and cooking, and donate food to kids in need. The annual Onigiri Action campaign is a social media sensation that inspires kids to cook and eat new, healthy, fun foods.

Greenagers

This paid program for teens in Massachusetts teaches about soil-enriching farming and humane animal husbandry on a working 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.) Young volunteers rebuild hiking trails in Massachusetts and Connecticut.



Image from Greenagers

The Food Project

Founded in 1991, this program involves Boston area young people in projects supporting sustainable agriculture. Fresh produce is donated or sold through farmer's markets and community supported agriculture programs. American food insecurity continues to be a grave issue due to inflation and COVID-19, and the Food Project is responding to that need.

Food Forward

Volunteers in the greater Los Angeles area gather unwanted fruits and vegetables from private yards, public parks and orchards, and farmers markets. Unsold and "ugly" produce is collected from farms and wholesalers. The unwanted items are donated to food banks and hunger relief agencies for people in Southern California and tribal areas of Arizona and New Mexico, providing fresh food that would otherwise be tossed out. As of this past summer, Food Forward had recovered and delivered some 1 billion servings of fresh produce to the food insecure.



Image from Food Forward

Daily Table

This unique chain of grocery stores in the greater Boston area carries donated and deeply discounted foods, addressing both food waste by recovering healthy items from supermarkets, growers, and distributors *and* food insecurity by selling the products at low prices. In addition to opening multiple new store locations this year, they have begun sponsoring outreach nutrition education programs.



Image from Common Threads

"Cooking is at once child's play and adult joy. And cooking done with care is an act of love."

—Craig Claiborne

STATS

We are reaching out to more worthy organizations, while trying to keep our own expenses low in this difficult economy.

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

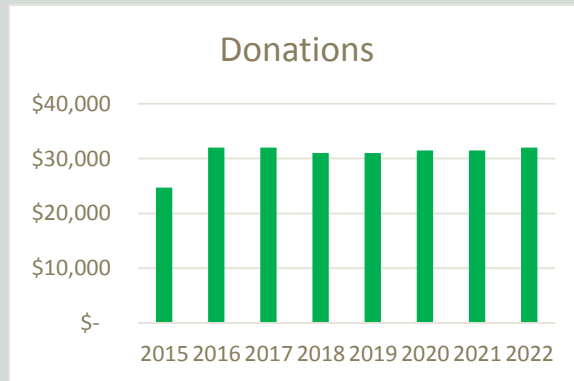
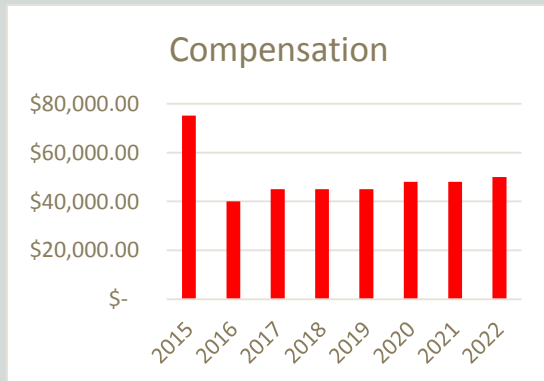
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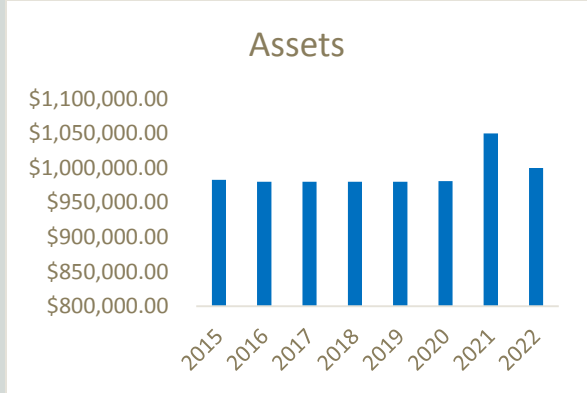
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Our Financial Info



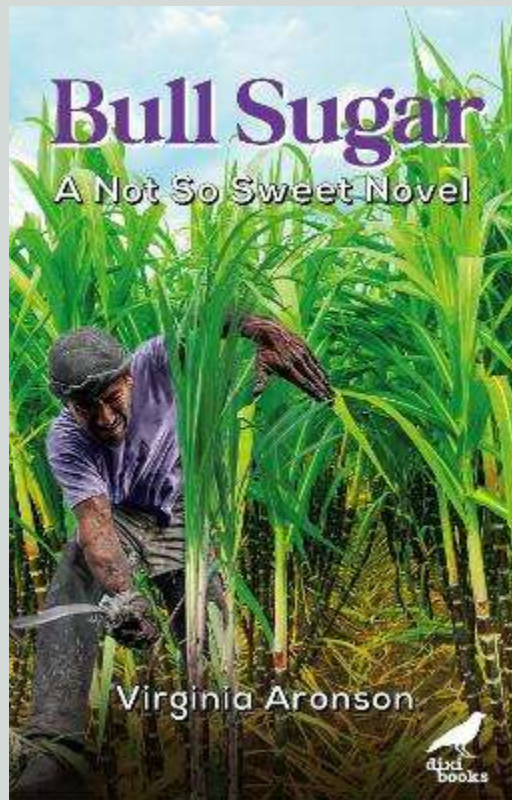


MEDIA NEWS

This year we launched the online nutrition education program we call Level Up Your Nutrition. We've made this unique program available free of charge (of course) to high schools around the US. It's also free for anyone who likes a challenge and is looking to improve their nutrition IQ. Pass all the tests and you can print out a certificate showing you have successfully Leveled Up your nutrition knowledge. The program has been refined and translated for use by educators in Latin America via Food 4 Farmers, a nonprofit that assists coffee farmers and their families.

Our third book is out now in Europe. Published by Dixi Books, the environmental activist press located in the UK, *Bull Sugar: A Not So Sweet Novel* tells the inside story of the abuses of the sugar industry in Florida, illustrating how sugar farming harms workers and damages the environment, problems that have persisted for decades. It is our hope *Bull Sugar* will inspire readers to work (or vote) for change.

In other news, we got hacked! So our work this autumn was held up while we straightened out the mess. It's astonishing what some people will do for a quick undeserved buck, disrupting the good work accomplished by others.



ABOUT US

Sadly, our founder passed away this year. Ed Goodstein established Nutrition Resources in Cambridge, Massachusetts, almost five decades ago as a local library and source of information on good nutrition. His positive energy and passionate devotion expanded and evolved over time, eventually culminating in the Food and Nutrition Resources Foundation. All these years, Ed remained at the helm, steering the organization in the best directions. We miss him.

To help us make the important decisions, we've formed a new Board of Advisors: Laura Englander, Lynn V. Hewes, and Leah Ronan live in Massachusetts and Florida. These three brilliant women have generously offered to share their expertise as we move forward into the future without Ed, our idea man and guiding hand.

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

Food and Nutrition Resources Foundation, Inc.

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