

2023 Annual Report



Food and Nutrition Resources Foundation

Mission

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

Recipients

A list of our 17 award winners for 2023.

Stats

Our new headquarters and other office changes are providing us with significant reductions in overhead, which means more cash for future donations.

Books

Farmlandia, our newest eco-novel, brings our educational book publication list to four.

Contact Us



Image from Greenagers.org: Front Lawn Food project

MISSION

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

Major interests:

Food justice and food security

Farm animal and farm worker welfare

Nutrition and good food education

Regenerative, sustainable farming and soil health

Innovative approaches to urban and rural food distribution

Food safety, protection from agricultural pollution

Food waste reduction

Climate change and the food system



Image of beekeeping from Food 4 Farmers

"We're seeing new energy and optimism among coffee farmers who are building their small beekeeping businesses, and who now have a clearer path to a better quality of life for their families."

—Food 4 Farmers

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, and 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 dailytable.org

"We hire residents from the communities we serve and pay the Living Wage, as it is calculated by each of our communities, keeping dollars circulating locally."

—Daily Table

RECIPIENTS

A list of our 17 award winners for 2023.



Image from justroots.org

[Just Roots](#)

A Community Supported Agriculture (CSA) program for those with fewer food dollars, the fresh food program at the Greenfield Community Farm in Massachusetts is unique--and needs to be reproduced elsewhere. Farm fresh produce is available for pickup or delivery weekly during the harvest months and monthly throughout the winter. Participants pay with food benefits via SNAP, or with MassHealth for the patients of enrolled healthcare providers.

[Marbleseed](#)

Originally created to support Midwest regenerative and organic farmers, this farmer-led movement has now expanded across the US. Farmers help farmers find land and equipment, and provide essential tools, resources, and community.

[Greenagers](#)

Teens in Massachusetts learn about soil-enriching agriculture 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.

[Eat Better, Live Better](#)

A Florida-based program that provides healthy foods and produce to those in need. Fresh food is delivered, and is made available at pop-up events for schoolchildren, senior citizens, and underserved communities.

[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 these products at low prices. A new store opened this year in Salem, bringing their total locations to five.

[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.

[Oldways](#)

Boston-based educational program offering information and resources on heritage foods, nutrition, and recipes to reconnect people to their traditional ways of cooking and eating foods that are wholesome, nutrient-rich, simple, and delicious. Classes, online materials, and cookbooks (including vegetarian and vegan options) are available.

[Maine Coast Heritage Trust](#)

Erickson Fields is one of many preserves the Trust is conserving for the citizens of the state of Maine. A former dairy farm, the land is home to sustainable gardens where young people grow food for community hunger relief. This year, the Teen Ag Crew supplied more than 20 Maine food pantries, public schools, and other places with free veggies for those in need.

[The Food Project](#)

Every year, 140 teens work 70 acres of farmland in Boston and the surrounding suburbs. More than 200,000 pounds of fresh produce is then sold through farmer's markets and community supported agriculture programs. Young participants learn sustainable agriculture techniques, healthy food choices, and leadership skills.



Image from TheFoodProject.com

[Public Justice Food Project](#)

An organization of public justice attorneys targeting large food corporations. With a goal of humane, regenerative animal farming, the issues addressed via legal action include dairy farm and meat factory farm pollution, abuse of farm animals, and the negative impact of animal agriculture on neighborhoods, and on water, air, and soil.

[Socially Responsible Agricultural Project](#)

Industrialized livestock operations pollute 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 individual farmers working for the big meat corporations.

[Food 4 Farmers](#)

Working to restore local food systems destroyed by monocropping in Latin America, this nonprofit helps coffee-growing communities plant home gardens and learn beekeeping skills. Projects have led to improved food security for more than 1600 families, solving seasonal hunger issues and leading to better nutrition, improved business skills, and income generation for women and young people.

[Aedra International](#)

A Florida-based program that creates food- and farm-related business opportunities for underserved people in rural areas of developing countries. Seed money is provided to micro-entrepreneurs to purchase seeds or farm animals, and assistance is available for designing sustainable agriculture spaces and obtaining renewable energy.

[FRESHFARM](#)

In addition to providing fresh food access via farmer's markets with SNAP discounts in the Mid-Atlantic region, their FoodPrints program offers nutrition education. Children in pre-K through grade 5 learn to grow, prepare, and enjoy healthy foods, and discover the science behind why fresh is best. This year the program reached more than 7500 students in the DC metro area.



[Roots of Peace](#)

To support vulnerable farmers in war-torn areas of the world, this organization introduces sustainable farming practices that improve soil and harvests. They also assist in the establishment of new markets for food products. In acknowledgment of her 25 years of service, Founder Heidi Kühn was awarded the World Food Prize in 2023.

[Stone Pier Press](#)

This nonprofit publishing powerhouse specializes in books on sustainable agriculture, healthy eating, and the humane treatment of farm animals. Their publication list includes books for adults, children, and teens. Their newsletter, created by food journalism interns from around the US, offers in-depth articles and delicious recipes.

[Table for Two USA](#)

A creative education nonprofit that sponsors an array of innovative programs to introduce schoolchildren to healthy Japanese cuisine. Kids learn about nutrition and cooking, and meals are provided to needy children in Africa and around the US. The annual Onigiri Action campaign is a social media sensation that inspires kids to cook and eat new, healthy, fun foods.



Image from tablefortwo.org

"While about 1 billion go hungry, 2 billion suffer from obesity and other health issues related to unhealthy eating. Table for Two USA seeks to change both issues by educating about healthy eating practices and providing healthy school meals to those in need."

—Table for Two USA

STATS

Now that we've adapted to our new location, our finances are adapting as well.

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](#)

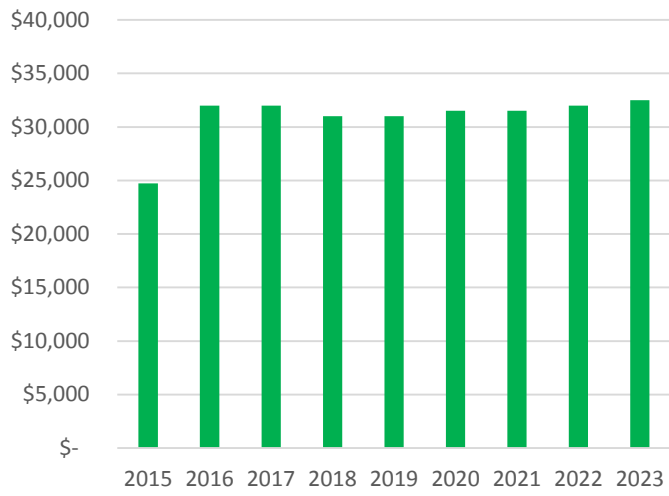
Our New Location:

Food and Nutrition Resources Foundation, Inc.
638 NE 8th Ave.
Boynton Beach, FL 33435
561.393.0515

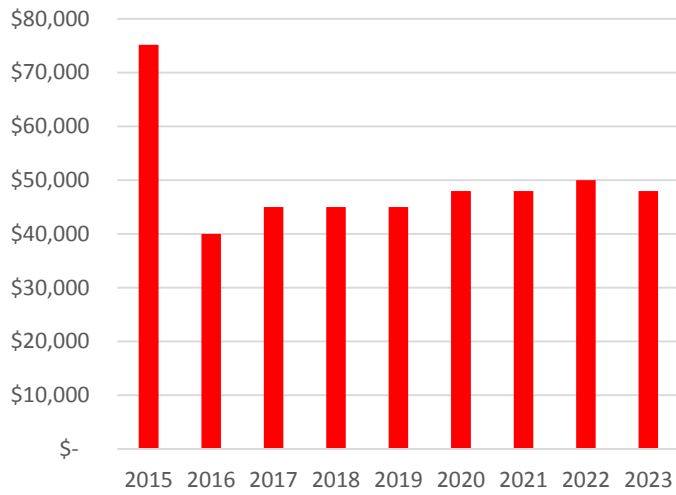
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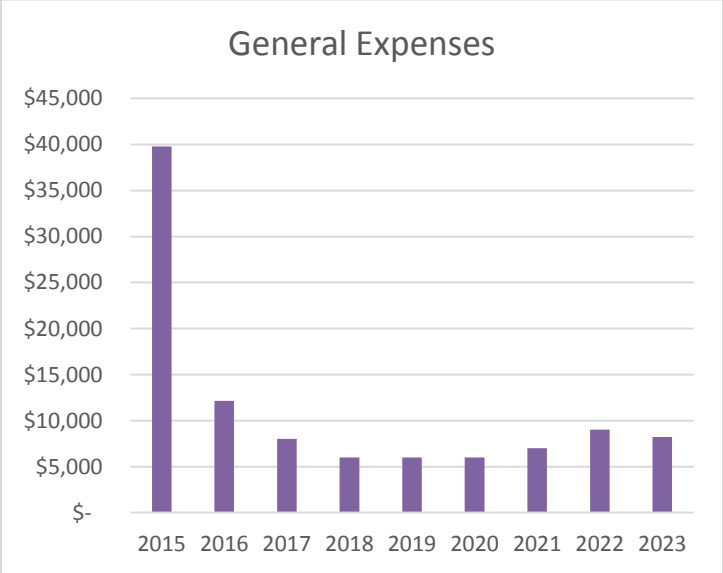
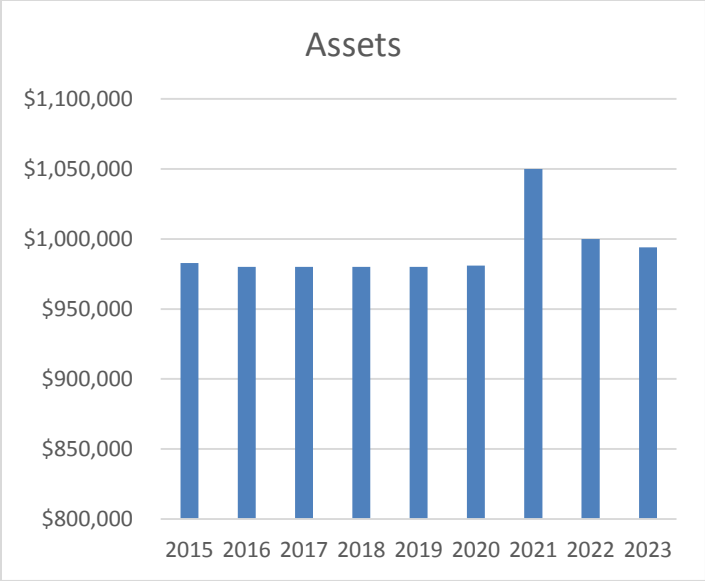
Our goal is to spend less but donate more, so we're keeping it lean and mean at home while spreading the FNR network around the US—and elsewhere. Recent changes in our headquarters and reductions in overhead will be reflected in future financials: more to give!

Donations



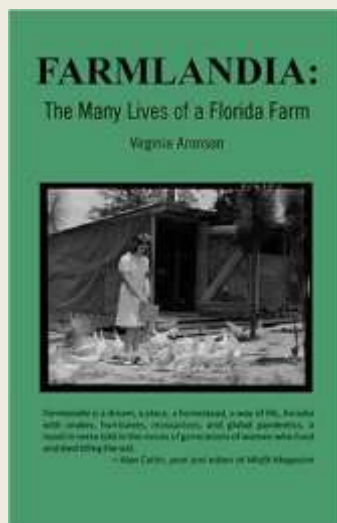
Compensation



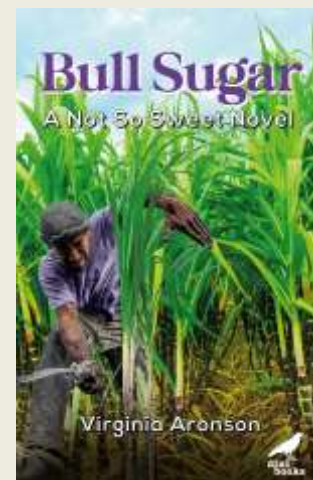
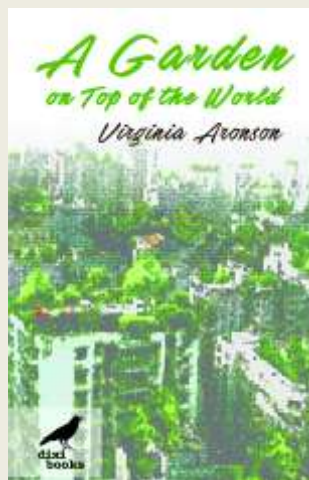
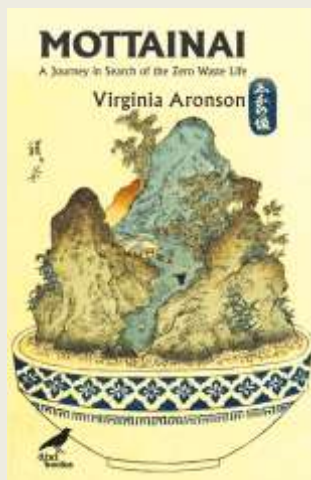


Books

Farmlandia, our newest eco-novel, 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. The land is slowly destroyed by fertilizers, monocropping, and a chicken farm. However, the story ends on a positive note when the farm is restored, providing healthy food once more while serving as a place for people and animals to live and prosper.



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 aged 12 and up.



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 Foto Phanatic on Unsplash

**"A thing is right when it tends to preserve the integrity,
stability, and beauty of the biotic community. It is wrong
when it tends otherwise."**

–Aldo Leopold

Cover photo by Tangerine Newt on Unsplash