

IMPACT REPORT 2021



**STEPHANIE DLUGOPOLSKI
BOARD PRESIDENT**

“LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD.”

Believe it or not, this was quoted more than 2,500 years ago by Hippocrates, the late physician of ancient Greece and considered the ‘father of medicine.’

Since Nourish began in 2009, our passion has been to teach and expose people of all ages about how good food can be good medicine.

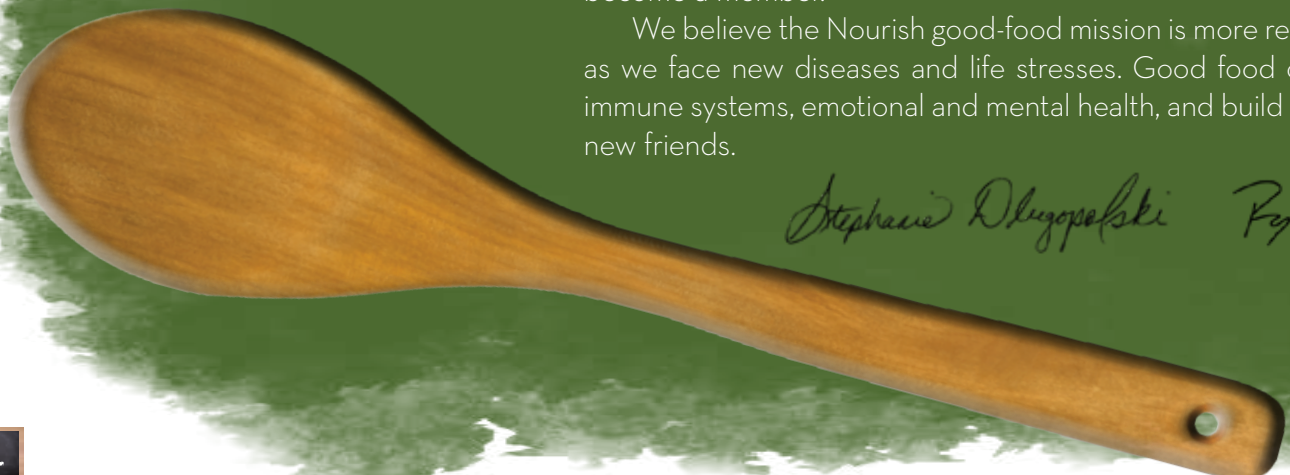
Which is why, by spring 2021, the Nourish staff and volunteers were ecstatic to return the kitchens, classrooms, gardens and community organizations to safely deliver our nutrition, gardening and cooking classes and dinners. Bringing all walks of the community together to learn more about local food and how that good food can be grown, sourced, prepared and consumed, is what makes us tick – and more importantly gets us excited about improving the health of our greater community.

We give much gratitude to the community – from our volunteers, donors and local businesses – for coming out to our Good Food Party last fall, after taking 2020 off. The financial support generated from our annual fundraiser was crucial in returning to deliver our good-food education and experiences to all. That support allowed us to extend our outreach into more after-school programs and early-education classrooms, and build a program that hundreds of local youth are benefitting from. We were also excited to show off our first-ever and now permanent home, at the historic Miley Farm in Sheboygan Falls. The new commercial and demonstration kitchen was ready to be put to good use and welcome guests to their newest community resource – Nourish Farms at its Good Food Education Center.

If you haven’t yet visited us in Sheboygan Falls for gardening, cooking, or helping others, please join us soon. A variety of fun, nutritious, tasty and experiential hands-on programs are offered each month. If you’ve got a passion for cooking, gardening or teaching others about good food, please join our amazing group of talented and dedicated volunteers and become a member.

We believe the Nourish good-food mission is more relevant than ever as we face new diseases and life stresses. Good food can nourish our immune systems, emotional and mental health, and build new bonds with new friends.

Stephanie Dlugopolski Ryan Laswell



SSC AND USDA GRANTS ALLOWED NOURISH TO FLOURISH

SERVING UP EDUCATION TO THE FRIENDSHIP HOUSE

Funded by the Sheboygan Service club, Nourish led 12 classes with three-hour dinners for the residents of the Friendship House. The cooking class curriculum taught residents how to make farm-to-table meals, share meals with each other, and inspire them to eat healthier. The groups enjoyed dinner themes such as breakfast for dinner, comfort foods, freshly made pastas, pastries, and aromatic international cuisines.



COOKING UP HEALTHIER MENUS AND RELATIONSHIPS

Nourish implemented one of four U.S. Department of Agriculture (USDA) grants awarded to groups across Wisconsin for 2020-2022. Under the grant, Nourish collaborated with the food and nutrition departments of five Sheboygan County school districts. Our staff toured each school kitchen, working alongside food service staff on a school day, and interviewing staff and directors. This collaboration provided valuable insight into the many barriers that school food and nutrition departments face when trying to incorporate more local foods into their menus. All school staff were given the opportunity to attend cooking classes at Nourish in the new teaching kitchen. Topics taught included knife skills, vegetable and fruit preparation techniques, batch cooking, and tasty options for fruit and vegetables. Staff were able to share knowledge and experience with each other in a learning and sharing environment to help change the school menus from within.

Our Grains to Institutions grant is a 3 year grant with UW Madison Center for Integrated Ag systems and The Artisan Grain Cooperative. Year 1 of the grant staff worked to understand producers, processors, distributors, needs, and what variables are needed in order to best provide resources and support to individuals and groups working with grains. Nourish networked with local professionals and institutions to help understand barriers, opportunities, and how we can help connect farmers, processors, and institutions to use more local and regional grains. Next steps include exploring how farmers can integrate more grains and varieties into their farms, and therefore support more regional consumption of healthy, local grains. In the past most of the focus has been on fruits, veggies, and meats, and this grant helps our community understand more about grains and nutrition.

FARM-TO-SCHOOL EDUCATION

GOOD-FOOD CLUB

Nourish's Good-Food Club continued to empower the next generation with wholesome food choices at multiple school sites throughout Sheboygan County, including Horizon, Parkview, Fairview, and Cooper Elementary schools. Students took part in hands-on-learning experiences like educational coloring sheets, matching games, and snack time. Programs follow logic model metrics to evaluate the childrens' learning.

With funding from United Way, local donors, and Nourish members, Nourish provided students at the Early Learning Center, Sheboygan YMCA, Maywood Nature Schools, and Lakeshore Technical College Daycare with hands-on experiences surrounding new foods with our Harvest of the Month. The Nourish Early Care Education (ECE) program focuses on developing language and motor skills, color and shape identification, sensory efficiency skills, and self exploration, using food, eating, and gardening as educational tools. Children from eight different classrooms were excited to learn and participate in nutrition activities and Harvest of the Month snacks.



NOURISH ON THE FARM

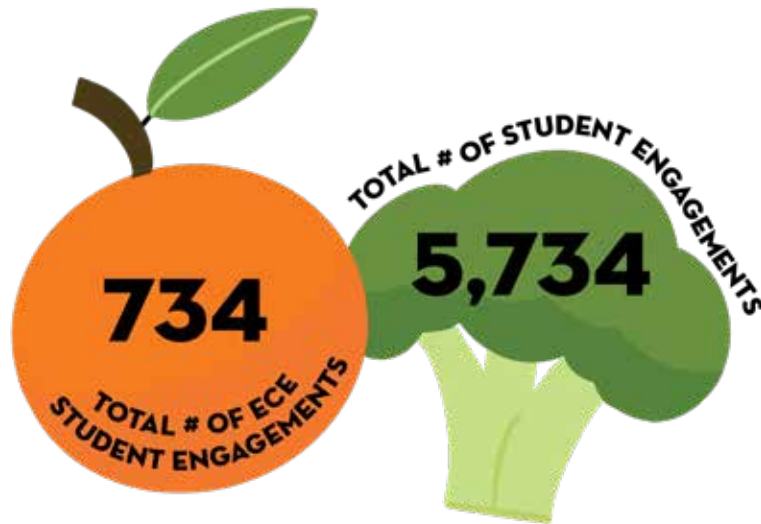
Nourish hosted field trips with Sheboygan Falls, Howards Grove, and Plymouth students in grades Kindergarten through 8th. They experienced our food system through garden-based education and food demos. Students toured out entire educational farm throughout their field trip, giving them a true farm-to-table experience. Out in the gardens, students first learned about what plants need to thrive and then harvested produce to cook together. In the new teaching kitchen, they prepared their own snack with our kitchen equipment, followed by activities that taught them about the nutritional benefits of eating farm-fresh food.

PLAY IS HEALING

Nourish teamed up with Mental Health America, Above & Beyond Children's Museum, the YMCA, and Biggy Coffee to provide fun for kids at various locations including the museum, the YMCA, Deland Park, and Christopher Gardens. Nourish focused on healing through hands-on snack preparation and good-food education.

GARDEN CLUB

During the summer months, Nourish staff worked with the Jefferson Garden Club students twice a week to get their 10 school garden beds growing on-site. Children learned how to distinguish a weed from an edible plant, plant pumpkins and corn, and harvest pea pods. Students were also given the opportunity to become amateur chefs in the classroom by learning how to make their own snack from fresh fruits and vegetables.



FARM-TO-COMMUNITY



TENDING TO THE COMMUNITY

In September, we held our ribbon cutting ceremony to officially open our new commercial and teaching kitchens, completed in 2020, to the community!



Then, Nourish led an educational farm tour and a nutritious, local dining experience for the Professional Golfers' Association members who visited the county during the Ryder Cup. The attendees learned about the importance of healthy, seasonal foods. During the tour, guests assembled education kits for students in the community. They also prepared healthy desserts that were donated to local homeless shelters. The experience gave our guests an insightful look at the importance of local sourcing for their menu featuring roasted chicken and vegetables, quinoa salad with roasted delicata squash and cilantro lime cream, finished off with a healthy and delicious cocoa beanie muffin topped with maple, cocoa, and avocado cream.

NOURISH TOGETHER WITH VAN HORN

Over 300 Van Horn employees from Sheboygan and Plymouth tried healthy lunch alternatives from Nourish during company meetings. Menus included quinoa salad, tomato basil and potato soup, fresh rolls from City Bakery, and Nourish's classic fettuccine garlic alfredo. One employee said, "Never in a million years would I have thought I would have liked quinoa." The guests enjoyed new dishes, received recipes, and even requested favorites for future town hall events. Later, Van Horn sought Nourish expertise for 60 of their employees to attend cooking classes. Participants learned how to make healthy soups, Thanksgiving dishes, and appetizers at home.

COOKING WITH KOHLER EXPERIENTIAL LEARNING CENTER

Kohler associates joined Nourish to provide local experiences to visiting corporate groups. Participants picked fresh produce on Springdale Farm to create flavorful, nutritious meals which were later donated to the Salvation Army and Bridgeway. The Kohler Company, members of the Vistage group, and Girl Scout leadership team put their cooking skills to the test in a team cuisine cooking competition to create grain bowls and savory chili using local, seasonal foods.

LETTUCE CELEBRATE AND GO NUTS!

Nourish hosted a gathering for Schwaller's Painting & Staining employees that promoted local healthy food through appetizers of cabbage rolls, seasonal skewers, charcuterie, and spiced nuts. The savory spiced nuts were the biggest hit. Brian Schwaller, owner of Schwaller's Painting & Staining, stated, "The attendees loved the food and the space so much that several employees asked for tours of the rest of the facility. We had a great time and highly recommend this facility."



CLASSES ON THE FARM

THE BUZZ ON POLLINATION

Nourish taught the community how pollinators benefit our food system with a tour of the gardens and presentations from guest speakers, like Dan Pitsch from the Sheboygan County Beekeepers Association. Dan leads educational programs on how to start, maintain, and care for a honeybee colony.

BENDING OVER BACKWARDS FOR HEALTH

Nourish and Mental Health America teamed up to promote good food and movement paired with a light, nutritious meal with ingredients sourced from local partners during a yoga class.



MORE FARM-TO-COMMUNITY PROGRAMS

FAMILY CLASSES HELD IN 2021:

- Beautiful Breads
- Healthy Holiday Treats
- Salsa Making
- Homemade Pasta
- Warp to Spain

BRINGING FAMILIES TOGETHER

Nourish led family cooking classes that promote local seasonal food. With honey from our own bees, a class made healthy holiday treats like buckeye candy, honey nuts, mint patties, chocolate sauce, and buttery popcorn balls. Families loved the experience, asking for more programs in the future!

KIDS IN THE KITCHEN

Nourish held monthly Culinary Kids classes with students ages 4-17 to familiarize them with: using quality local ingredients, incorporating more vegetables, following recipes, measuring basic ingredients, and cooking from scratch. Through chef-led demonstrations, students tried new flavors and spices like smoked paprika, cumin, and

chili powder. They made desserts, soups, mac and cheese, and grilled cheese with our Harvest of the Month. One of the dessert dishes included a new flavor for students, chai tea. Students were excited to use healthier ingredients and were motivated to repeat the recipes at home.

COMMUNITY DINNERS

Community members enjoyed locally sourced meals for Breakfast on the Farm, Grilling in the Garden, and Community Dinners. Guests participated in a picnic style meal featuring a presentation of the menu, ingredient sourcing, and nutrition education.

Dinners highlighted our Harvest of the month, including a celebration of herbs, spinach, and asparagus. These menus featured seasonal ingredients that taught guests about the peak nutritional value of local, in-season foods.

ADULT COOKING CLASSES

Our monthly Chef's Table Adult Cooking Classes kicked off making pasta from scratch! Participants learned how to make easy pasta dough at home from simple ingredients, and made sauce with seasonal produce to enjoy together.

Another class was all about hearty, seasonal soup-making. Participants learned how to make basic chicken and vegetable stock, chicken dumpling and butternut squash soups, and homemade biscuits. Our Nourish staff demonstrated browning meat, pureeing soup, and how to make a 1-hour and 10-hour stock. Nourish plans to learn more about the participants' dietary choices, so we can better serve different lifestyles and community members.



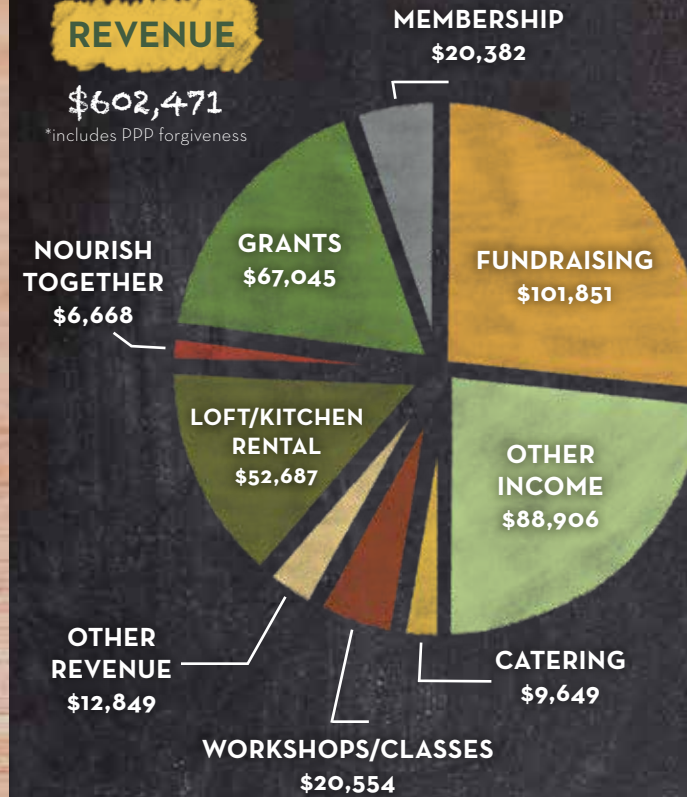
CHEF'S TABLE TOPICS:

- Scratch Pasta Night
- English Staple Foods
- Vegetarian Scratch Taco Night
- Spanish Tapas Night
- Cinco de Mayo Party Food
- First Time French
- Summer Marinades
- Seasonal Appetizers
- Apple Cider
- Simple Soups
- Basic Sauerkraut
- How to Grill

FINANCIALS

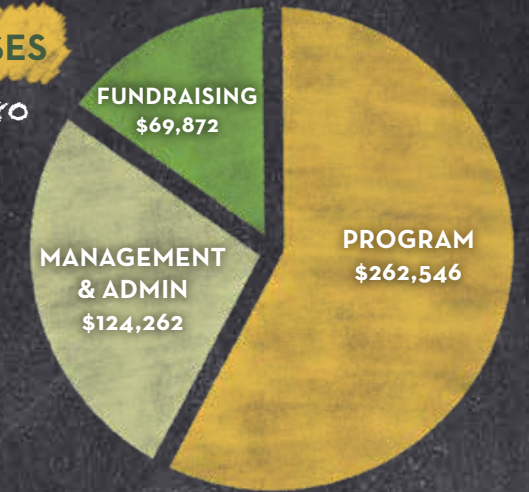
REVENUE

\$602,471
*includes PPP forgiveness



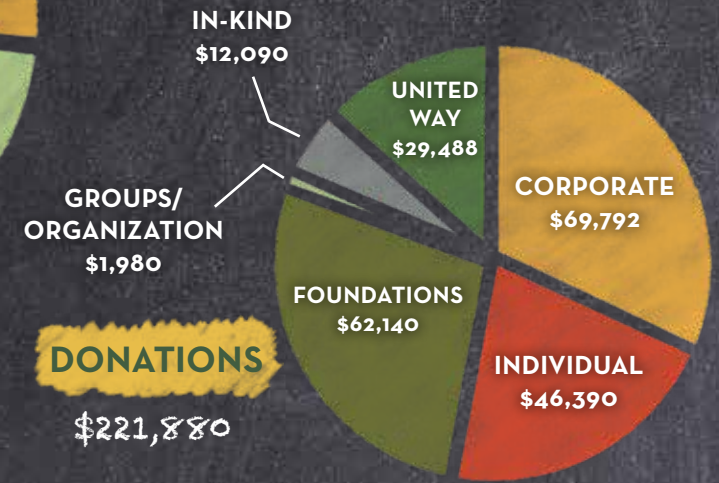
EXPENSES

\$456,680



DONATIONS

\$221,880



NOURISH BOARD

- STEPHANIE SCHAFER – PRESIDENT Johnsonville Sausage, Associate Director-Earned Media
 ALEXANDRA GUEVARA – VICE PRESIDENT the idea works, Owner
 KELLY COWHIG – TREASURER Huberty, CPA
 JOHN DONOVAN – SECRETARY CloverNord Management Consulting, Principal Consultant & Owner
 PAUL BARTELT – PAST PRESIDENT Vollrath, CEO & President
 BRIAN SCHWALLER – EcoManity, President & Energy Auditor
 CRAIG HARMS – Restoration Gardens, Owner
 DICK BEMIS – Bemis Manufacturing
 DR. ELISE OPEL – Aurora Health Care
 LAUREN ADEL KLICH – Production Designer, Art Director, Set Designer
 KURT JENSEN – 8th Street Ale Haus, Tap Master and Co-owner
 DENNIS SCHWEIGER – Sargento Foods Inc., VP and Treasurer
 ANNALEE BENNIN – School District of Sheboygan Falls, Superintendent

Thank you to Heather Schubert and Dr. Kristine Wake for your friendship, support, and service on our Board.

HELPING HANDS AT NOURISH

THANK YOU VOLUNTEERS!



Kohler School volunteers made a significant community impact by cooking meals for the Salvation Army Emergency Lodge.

This year there was a total of **4,006** hours (about five and a half months) of volunteer work at Nourish.



HOW TO GET INVOLVED

BECOME A NOURISH MEMBER

Visit our website to learn about the various benefit levels for individuals, families, and corporations.

ATTEND CLASSES, WORKSHOPS, & PROGRAMS

Follow our Facebook and Instagram pages and our website to learn about upcoming farm tours and workshops, cooking or nutrition classes, dinners, and more. Fees may apply.

JOIN US AT OUR ANNUAL GOOD FOOD PARTY

Farm-fresh and locally prepared, the Good Food Party menu promises great food, only made better by live music, distinctive auction, and a new Good Food Champion recipient – held September 30th, 2022, at Nourish.

DONATE

To help us provide equitable access to good-food education through our programs that focus on growing, sourcing, harvesting, cooking, planning, and nutrition.

STAY IN TOUCH!

Subscribe to our newsletter and follow our Facebook and Instagram pages to stay in touch with the good food movement in Sheboygan County.

VOLUNTEER

Volunteers are welcomed on our farm, in our office and kitchen, and in the schools and youth sites we serve. We also welcome help on any of our committees.

RENT OUR RENOVATED LOFT AND KITCHENS

All rentals of our beautifully renovated upstairs barn loft and kitchens directly support our nonprofit programs and impact in the community.

NOURISH STAFF

RYAN LASWELL – Executive Director
NICOLE HANSEN – Business Operations Director
RACHEL ADOLPH – R.D., Nutrition Education Manager
MATTHEW FRIAUF – Farm and Facilities Coordinator
KATIE BARTELT – Program Manager
CORINNE PALMER – Volunteer and Outreach Coordinator
TREVOR KOCH – Culinary Coordinator
KRISTEN SHAVER – Educator
SAMANTHA LASWELL – Operations Assistant
ELLIE RICE – Operations Assistant

Thank you to Jake Lambrecht, Enoch Lambrecht, Megan Nasgovitz, and Kayla Theel for your work as part of our 2021 team. We wish you all the best on your next adventures!

We also extend our appreciation to all our volunteers and interns, without whom our work would not be possible.

Designed by Vannia Diaz Mozo
Copyediting by Rachel Pagel, Lakeland University



CONTACT INFO

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