

Annual Report 2024



Nourish Nation Foundation

Nourish Nation Foundation (NNF) is a non-profit organization dedicated to promoting healthier lifestyles and sustainable living. Founded by food science and nutrition professionals, NNF empowers communities through education, awareness campaigns, and practical programs focused on nutrition, well-being, and cultural inclusivity.





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About Us



Nourish Nation Foundation (NNF) is a passionate non-profit organization established by food science and nutrition professionals to combat the growing challenges of nutrition-related and lifestyle diseases. Our mission is to empower communities with the knowledge, skills, and support needed to make informed, healthier choices.

At NNF, we believe that education is the key to fostering sustainable change, which is why we focus on creating accessible, science-backed programs that inspire healthier lifestyles. Through community-driven initiatives like workshops, food expos, and cultural events, we aim to promote wellness, celebrate diversity, and build a stronger, more resilient



25 Programs Funded Across 4 Key Areas

1. Health & Nutrition

Community workshops and seminars on nutrition and wellness.

3. Cultural Inclusivity Initiatives

Celebrations of diverse food traditions and practices.

2. Wellness & Support Programs

Mental health support integrated with nutritional education.

4. System Strengthening

Community gardens and partnerships for sustainable food access.

Our Mission and Vision



Our Vision

We aspire to create a healthier, more inclusive society where individuals from all cultural backgrounds have equal access to education, resources, and support for sustainable living. By reducing social disparities and fostering cross-cultural understanding, we empower communities to thrive together.

Our Mission

Our mission is to empower individuals and communities through access to nutritious food and health education. We aim to reduce food insecurity, promote well-being, and build resilient, inclusive communities that thrive through collaboration and shared experiences.

Our Services



Wellness Support Programs

Integrating nutrition and mental health resources to promote holistic well-being.



Community Gardening Projects

Empowering communities to grow fresh produce while fostering social connections and sustainability.



Educational Outreach

Programs and resources to support healthier choices for all ages and cultural backgrounds



Food Security Programs

Providing nutritious food and sustainable solutions to underserved communities.



Cultural Food Initiatives

Celebrating diversity with multicultural food expos, cooking classes, and healthy traditional recipes.



Health & Nutrition Education

Workshops and seminars promoting balanced diets, food literacy, and sustainable healthy lifestyles.

Our Supporters

City of Casey

The City of Casey has supported Nourish Nation Foundation through grants that fund various community activities. Their commitment to local development and well-being plays a significant role in advancing our mission to improve public health and wellness.



Government of Victoria

The Government of Victoria supports Nourish Nation Foundation through grants and resources, enabling our community projects that promote sustainability, health, and cultural diversity. Their backing fosters environmental awareness and community cohesion.

momoNbitez

momoNbitez is a dedicated sponsor of the Nourish Nation Foundation's activities. Their generous support helps fund various initiatives, including community events and health programs, furthering our mission to promote wellness and cultural engagement within the community.



Kathmandu Momos Melbourne

Kathmandu Momos Melbourne is a proud sponsor of Nourish Nation Foundation's activities. Their generous sponsorship helps facilitate our community programs, including cultural events and health initiatives, contributing to our mission of promoting healthier living and cultural exchange.

Our Team

Board members/Trustees



Dr. Yakindra Timilsena
Chairperson



Mr. Nawaraj Kalauni
Treasurer



Menaka Joshi
Committee Member



Kopila Joshi
Committee Member



Dr. Bed Khatiwada
Committee Member



Agrata Nepal
Committee Member



Mr. Dinesh Bajgain
Secretary



Dr. Yuba Raj Subedi
Committee Member



Dr. Buddhi R. Chaudhary
Committee Member



Ms. Anjana Sharma
Committee Member



Mr. Sujan Neupane
Committee Member



Dr. Sita Tiwari Pokhrel
Committee Member

Volunteer



Dr. Radha Wagle

Volunteer



Dr. Babu Ram Bhattarai

Volunteer



Nuwan Vithanage

Volunteer



Mr. Prakash Lamsal

Volunteer

Advisor



Dr. Raju Adhikari

Advisor

Message from Chairperson

As we reflect on the past year, Nourish Nation Foundation (NNF) has continued its journey of fostering healthier, more resilient communities across the nation. Guided by our unwavering mission to reduce food insecurity, promote nutritious lifestyles, and deliver impactful educational programs, we have successfully expanded our reach and strengthened our impact.

This year, our focus has been on delivering innovative initiatives and building meaningful collaborations with community partners and organizations. We are proud to have supported countless individuals and families by providing access to nutritious meals, empowering education, and resources that improve well-being.

One of the most rewarding aspects of our work has been celebrating the richness of cultural diversity within the communities we serve. By acknowledging and embracing these differences, we have further strengthened our commitment to inclusivity, ensuring that our programs resonate with and uplift individuals from all walks of life.

Our growth and success would not have been possible without the tireless dedication of our passionate team, the generosity of our partners, and the resilience of the communities we are privileged to serve. Together, we have made remarkable progress, but we recognize there is still much to be done.

Looking forward, we are committed to expanding our reach and deepening our impact. By leveraging partnerships, embracing innovation, and fostering collaboration, we will continue to build a future where no one is left behind, and everyone has the opportunity to lead a healthy and fulfilling life.

Thank you for being part of this journey with us. Your continued support inspires us to work harder and reach further.



Dr. Yakindra Timilsena
Chairperson

Message from Treasurer

As we conclude another year of impactful work, I am pleased to present the Treasurer's Report for the Nourish Nation Foundation (NNF). This year has been one of growth, expansion, and strategic development, allowing us to enhance our financial stability and strengthen our ability to deliver on our mission of improving health outcomes, reducing food insecurity, and fostering nutritional education across communities.

Our financial position remains strong, and we continue to uphold the highest standards of financial stewardship and transparency. Thanks to the generosity of our donors, the hard work of our team, and the strategic use of resources, we have been able to invest in programs and initiatives that directly benefit those in need.

The foundation's total revenue has seen an increase this year, primarily driven by expanded fundraising efforts, increased partnerships with like-minded organizations, and the launch of new community initiatives. This growth in revenue has allowed us to expand our programming and provide even greater support to communities facing food insecurity and health challenges. In terms of expenses, we have remained committed to ensuring that the majority of our funds are directed toward programmatic activities. A significant portion of our spending has gone into expanding educational programs, distributing nutritious food, and providing essential resources to underserved populations. We have also made investments in staff training and infrastructure to ensure that we can deliver high-quality services in a sustainable and efficient manner.

I am proud to report that our net surplus for the year demonstrates not only our financial prudence but also the effectiveness of our programs. The surplus will be reinvested into further expanding our mission, funding new initiatives, and ensuring the long-term sustainability of the foundation's work. We remain deeply committed to financial transparency, and our financial statements are available for review. We continue to seek opportunities to diversify our funding sources, building resilience and ensuring that our programs can continue to grow and evolve to meet the needs of the communities we serve.

Looking ahead, I am confident that with continued support from our donors, partners, and volunteers, we will be able to further our work and increase our impact. Together, we are creating a healthier future for all.



Mr. Nawaraj Kalauni

Treasurer

Our Objectives

The Nourish Nation Foundation (NNF) is committed to addressing nutrition-related and lifestyle diseases by promoting healthier living through education, awareness, and community engagement. Our primary objectives are:



Promote Health and Wellness

To improve public health through the dissemination of accurate nutrition information and the adoption of healthy lifestyle practices



Increase Awareness on Nutritional Needs

To provide accessible and reliable resources on the importance of balanced diets and proper nutrition, particularly in under-served communities.



Support Disease Prevention

To reduce the risk of chronic diseases such as obesity, diabetes, and cardiovascular diseases by offering education and practical tools for disease prevention.



Enhance Community Engagement

To foster community-based initiatives that encourage the adoption of healthier lifestyles and create support networks for individuals facing health challenges.



Provide Mentorship and Training

To connect individuals with nutrition experts and health professionals who can guide them in making informed health decisions

Out In the Community

Community Event

Nourish Nation Foundation (NNF) organizes a range of impactful community events aimed at promoting health, wellness, and cultural inclusivity. These events include yoga and meditation sessions, nutrition workshops, health and wellness seminars, and spiritual engagement activities, all designed to support the physical, mental, and emotional well-being of participants. By offering accessible and diverse programming, NNF ensures that people from all walks of life can engage with the community and adopt healthier lifestyles. Through collaborations with local organizations and active participation from multicultural communities, NNF's events create a strong sense of unity, empower individuals to make informed health choices, and celebrate the richness of cultural diversity. Each event is a step towards building a healthier, more connected community where well-being is a shared priority.



Out Activities

Cultural Festivals

NNF regularly organizes yoga and wellness sessions to promote overall physical and mental well-being. These sessions are guided by experienced instructors who focus on flexibility, relaxation, and mindfulness. The classes help participants improve their flexibility, reduce stress, and foster a sense of inner peace. Our yoga programs cater to individuals of all ages and fitness levels, making them accessible to everyone. By creating a supportive environment, we encourage individuals to adopt a holistic approach to health and well-being.



Health and Wellness Programs

NNF's health and wellness programs focus on educating the community about nutrition, fitness, and disease prevention. These programs include interactive workshops on topics such as balanced diets, understanding food labels, and maintaining physical activity. We aim to empower individuals with the knowledge and tools they need to make informed health decisions. Our workshops offer practical advice and resources to help participants adopt healthier lifestyles and reduce the risk of chronic diseases.

Yoga Sessions

NNF regularly organizes yoga and wellness sessions to promote overall physical and mental well-being. These sessions are guided by experienced instructors who focus on flexibility, relaxation, and mindfulness. The classes help participants improve their flexibility, reduce stress, and foster a sense of inner peace. Our yoga programs cater to individuals of all ages and fitness levels, making them accessible to everyone. By creating a supportive environment, we encourage individuals to adopt a holistic approach to health and well-being.



Financial Statement

Statement of Profit or Loss and Other Comprehensive Income

Revenue	2024 \$	2023 \$
Sales Revenue Rendering of Services	125	350

Expenses	2024 \$	2023 \$
Printing & Stationery		95
Other Expenses	125	255
Total Expenses	125	350

Retained Profits / Accumulated Losses	2024 \$	2023 \$
Retained Profits at Beginning of Financial Year		
Retained Profits at 2024		



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