

A smiling woman with short dark hair, wearing a blue blazer with grey lapels and cuffs, a white top, and a grey lace-trimmed belt, stands in a lush green field of leafy vegetables. She is holding a bunch of leafy greens in her left hand. The background shows a wooden fence, a building with a corrugated metal roof, and trees under a bright sky.

thrive

2023 IMPACT REPORT

Planting Hope, Harvesting Change

“I'm Nancy Juma, a single mother from Wehonye village. I'm 57 years old and have 7 kids. Sadly, my husband passed away six years ago, and life got tough trying to put food on the table.

I am thankful to Thrive for Good's trainer who provided me with valuable knowledge and skills in cultivating a variety of vegetables. As a result of our group training sessions, where we learned how to grow our own food and generate income through farming, I took the initiative to start my own garden at home.

The benefits from both my personal home garden and our community garden are remarkable. I now have enough food for my family, and the surplus has become a source of income. I've been able to sell the excess produce to neighbors and at the nearby trading center.

This stability has allowed me to provide clothing for my children and clear their school fees balances. I'm deeply thankful for the support and empowerment I've received through Thrive for Good, making a significant positive impact on my family's life.”

Nancy Juma

Dear friends and partners,

As I look back on the past year, I am filled with gratitude for your support in our mission to combat hidden hunger.

In 2023, Thrive for Good celebrated its 15th anniversary of empowering families and communities with knowledge and tools to cultivate what we call "Life Gardens." From the vision of our founders, Dale and Linda Bolton, to the present day, we have established over 1,790 community garden projects, benefiting more than 188,000 individuals across 17 countries.

Our overall impact grew significantly in 2023, as shown in the graph on page 4. I am encouraged to see a significant gap that is forming between the funds required and the overall impact. Thrive is often known for its efficiency in utilizing donor dollars and cost-per-person impact. It's amazing to see that economies of scale are starting to take place.



Partnerships with other charities and NGOs have become a core and foundational strategy for our growth. They have been instrumental in amplifying our reach and deepening our impact. We increased the number of partnerships from 18 at the start of 2023 to nearly 50 by the end of the year. By joining forces with these organizations, we have witnessed the transformative power of collective action. As we step into 2024, a handful of key partnerships have been months and years in the making that are set to embark and establish 'pilots' that hold the potential for astronomical growth.

Just as we have increased our number of program partners, we are also increasing our number of corporate partners. Last year, new partners joined our mission, and we've outlined their story and impact on pages 13/14. It is encouraging to see the generosity of various companies joining to increase our impact.

Personally, last year was the first time since 2019 that I took an international trip and visited various community projects. Given the significant growth since then, this is a testament to the strength and sustainability of our global leadership team. I was struck with awe and inspiration from my trip to Kenya, South Africa, and eSwatini, returning with renewed vigour and passion for Thrive's mission. Seeing the impact of nutrition, health, and food security firsthand is transformative. More than ever, I am determined that we continue to scale this impact to communities around the world.

Thank you for being part of our journey and for your unwavering belief in our mission. Together, we are planting hope and harvesting change, one garden at a time. As you read through our Annual Report, please know that this incredible impact would not have been possible without every generous donation.

With gratitude,



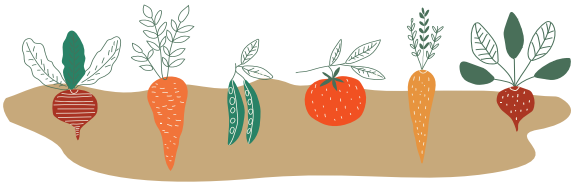
James Woller
International Executive Director

2023 Impact Metrics: The Difference You Made

As we reflect on the achievements of the past year, we are profoundly grateful for the transformative impact made possible by our generous donors, dedicated partners, and committed community members. By enabling individuals to grow their own food, you're not just addressing immediate nutritional needs; you're fostering long-term sustainability and independence. Families are not only nourishing their bodies but also cultivating skills, knowledge, and pride in their ability to provide for themselves.

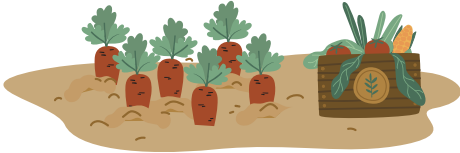
188,763

people eating healthy food



1,790

community Life Garden projects



65%

of projects that are sustainable



Thrive is working in

17 countries



47



program partnerships

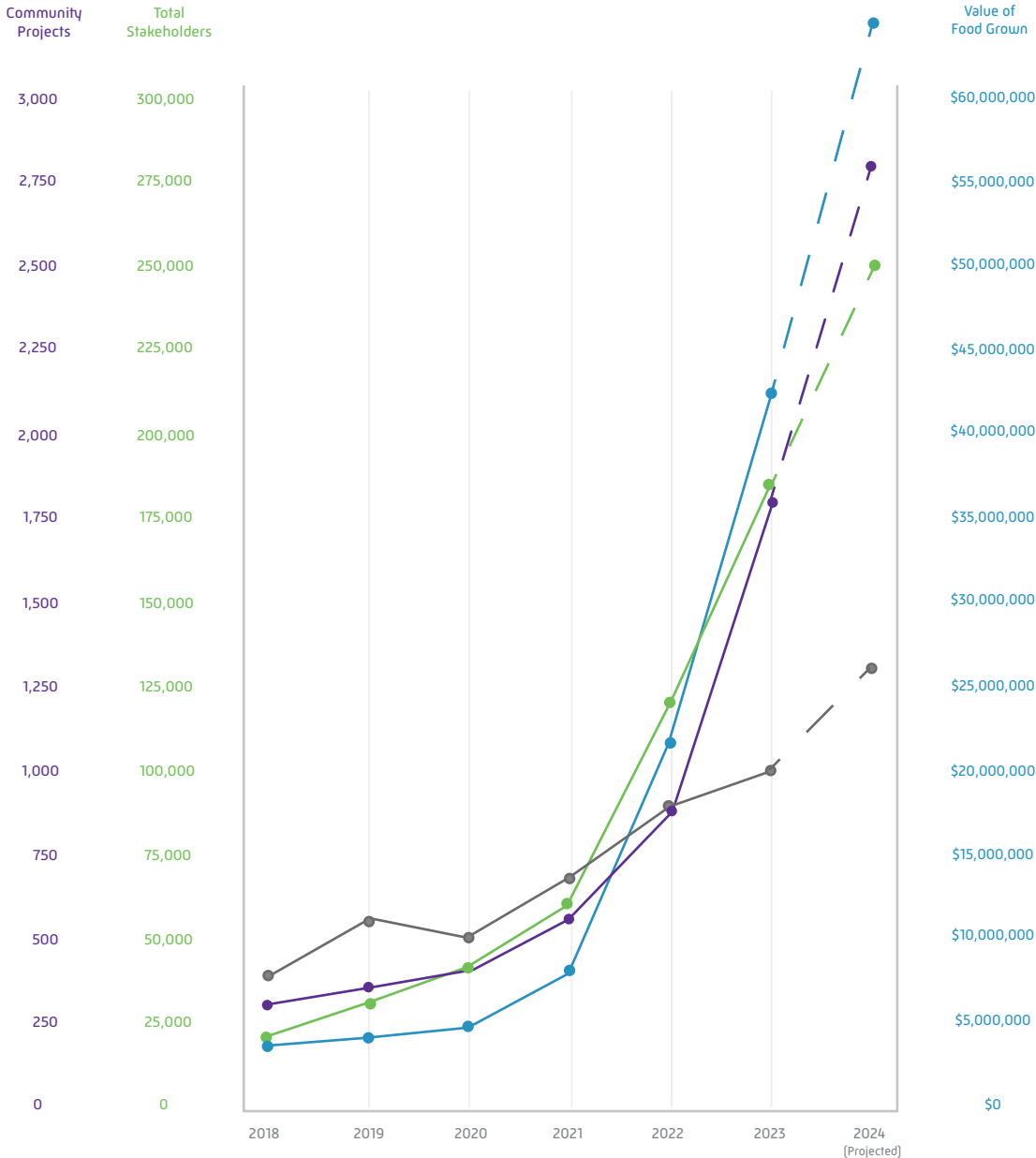


10x

return on investment in 2023

Exponential Growth & Impact

We are thrilled to present a promising trend in the impact of Thrive’s community projects and stakeholders as depicted in the graph below. Our impact metrics are experiencing exponential growth, while the corresponding increase in funds required remains notably modest, rising by approximately 25% annually. This disparity underscores our efficient use of resources and indicates a robust return on investment, with each dollar generating increasing returns in terms of impact. These impact metrics and annual costs are highly encouraging, demonstrating that our initiatives are not only growing in effectiveness but also in efficiency.



Partnering with Prison Fellowship International

In 2021, Thrive initiated partnership discussions with Prison Fellowship International (PFI) to address malnutrition and provide food security to the lives of prisoners and their families. This collaboration materialized in 2023 after extensive planning and conducting in-person training sessions led by Thrive's Director of East African Programs and master trainer, Ambrose Motian, in Zambia and Rwanda.

This training differed from Thrive's regular 5-day workshops because the participants lived in urban areas with limited space for growing food and scarce water sources.

Ambrose taught how to garden in small spaces, which included using different types of gardens such as sack gardens, keyhole gardens, container gardens, and straw bale gardens. Thrive for Good developed a new online course centered on urban gardening to provide support within this process.

Some participants could not believe they could grow food in a small area. Reuben, one of the participants in Rwanda, was so excited that he started his own garden after the first day of training.

Laurence, a mother of two children, believes the keyhole garden is helping her family with many expectations:

“This kind of garden is productive in the short term and will enable my family to improve food security in the future. It is easy to maintain this garden because it's close to my kitchen and as a family, we are fully committed.”

Through June - December 2023, 125 family groups in Rwanda and 121 family groups in Zambia have been trained and started gardens. This initiative has empowered a total of 600 people to live healthy, sustainable lives.

The partnership between PFI and Thrive has tremendous potential. After concluding the 2-year pilot project the goal is to scale and launch in multiple countries with thousands of families.



Sack Gardens



Double-Dug Garden Bed



Tippy Taps for Handwashing



Keyhole Gardens

Resilience Through Adversity

A Night to Remember

My name is Seipu, and I am from Happy Valley Village in the Saikul Subdivision of Manipur. On May 3, 2023, following our family devotion, we received alarming news: our Hindu neighbours were planning to attack our village. Soon enough, we heard the approaching mob, and in fear for our lives, we fled into the forest, where we hid until the next day when army vehicles arrived to evacuate us to safety. Since then, we've been residing in a relief camp in Sapormeina, as our homes were razed that dreadful night, along with all our life savings.

Life in the camp has been difficult. Every day, we were provided with dal (lentils), potatoes, and rice. We were thankful that we had something to eat. However, the lack of variety in our diet led to health issues among us, making our situation even more precarious.



In August, representatives from Thrive for Good visited our camp and introduced us to organic farming techniques, showing us how to cultivate green leafy vegetables on a small piece of land. We diligently planted spinach, mustard, cabbage, coriander, and various beans. Thanks to their guidance, our vegetables flourished, enhancing the nutritional value of our meals significantly.

With improved health and newfound skills, we've reduced our reliance on government rations. We owe immense gratitude to the committed team at Thrive for Good for their invaluable assistance, which has transformed our lives for the better. Their training not only ensures access to fresh, nutritious produce but also fosters self-reliance, empowering us to take charge of our food supply and build a brighter future for ourselves and our community.

Empowering Teen Survivors

Thrive for Good also established an impactful partnership with Impact Nations and The Remnant Generation in Uganda. This project empowers pregnant teens who've survived sexual assault. Through education and providing seeds and tools, they have cultivated flourishing gardens yielding organic crops that are helping 33 staff members and 72 girls and their toddlers. These gardens provide nutritious food, natural medicines, and lower shelter costs.



Scan this QR Code to watch the transformational video of how this project is making a difference.

Empowering Early Childhood Development

GrowECD, a South African NPO, supports Early Childhood Development Centres (ECDCs) to provide quality education. Through its app, it offers free digital tools and training to 2,623 ECDCs, benefiting 31,000 children.

Despite the provision of quality education, many children face challenges like hunger and illness, impacting their ability to focus and attend school regularly. To combat hidden hunger and malnutrition, Thrive has collaborated with GrowECD to initiate a pilot program involving 16 ECDCs in Kwazulu-Natal.

The collaboration has yielded remarkable benefits for both children and ECDCs. The introduction of food gardens ensures a fresh and nutritious lunch is served daily to 90 children, for whom it may be the only meal of the day. Additionally, families facing hunger receive fresh produce in exchange for volunteering in the school garden, fostering a sense of pride and community involvement.

With reduced food expenses, ECDCs can allocate more funds towards retaining qualified teaching staff. Furthermore, children participate in weekly food garden lessons, learning about food cultivation and healthy choices.

The ECDCs have begun selling surplus produce to fund further expansion of their gardens. They even plan to sell seeds and seedlings to the community, enhancing sustainability and community engagement.

Thrive will support ECDCs in establishing and maintaining Life Garden projects, ensuring 640 children, 64 teachers/staff, and 2,560 family members have access to healthy, nutritious food.

Thrive has implemented a phased approach, initially launching with the first 16 schools in Kwazulu-Natal and gradually expanding to all connected schools throughout South Africa in partnership with GrowECD.



*photos have been altered to protect the identity of children in specific locations.

Stories of Growth from Kenya to Eswatini



In November 2023, James Woller, International Executive Director of Thrive for Good, embarked on a transformative journey across Kenya, South Africa, and Eswatini. This marked his first venture abroad in four years, a testament not only to the enduring impact of Thrive but also to the steadfast leadership of its local partners, resilient even amidst the challenges of a global pandemic.

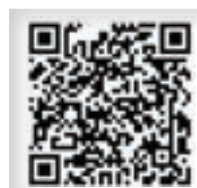
In Kenya, James immersed himself in various community projects, from supporting a school for the deaf to empowering single women's groups and even engaging with inmates in prisons. What struck him was the sustainable growth of these initiatives, which flourished without continual funding. Over the past three years, for instance, 26 single women have leveraged their resources to procure livestock and essential infrastructure, such as a borehole for fresh water, by reinvesting profits from surplus vegetable sales.

His return to Eswatini, where he had once lived and worked for seven years and met his wife, Rose, was a deeply personal and revitalizing experience. Assessing new community projects in this familiar setting, James was buoyed by the enthusiastic support of government officials and academic leaders. Together with Thrive's Southern Africa Regional Director, they held discussions with key figures such as the Minister of Finance, Minister of Foreign Affairs, and the head of the University of Eswatini. These conversations reaffirmed the resonance of Thrive's approach, igniting a new wave of optimism for expansion in Eswatini.

As James journeyed back, he carried with him a profound sense of gratitude, having witnessed firsthand the transformative power of Thrive's Life Gardens in nurturing health, nutrition, and food security among families and communities. With renewed vigour, he looks ahead to 2024, driven by an unwavering commitment to amplifying the impact of Life Gardens and spreading hope to even more corners of the globe.



Watch the
Single Women
Project video



Program Partners

Over the past three years, Thrive for Good has undergone a transformative shift in our approach to expanding our reach and deepening our impact. We've discovered that the quickest and most effective strategy to empower families and communities is to work in partnership with organizations already engaged in asset-based community development work.

In the charitable sector, collaborations and partnerships are often rare, given the inherent challenges in aligning multiple organizations' goals and strategies. However, at Thrive for Good, we firmly believe that the future of scaling our impact lies in strategic partnerships.

Connections with incredible partners like Impact Nations and The Charis Foundation has contributed to increasing the number of partnerships from 18 at the start of 2023, to over 50. Thrive Gardens are helping 31,500 people through program partnerships.

A Few of Our Current Program Partners:



"Over the past few years Thrive for Good has developed into a catalytic organization forming over 50 partnerships with charities and organizations. Together, these partnerships cascade their train-the-trainer approach to existing initiatives. For example, Thrive has partnered with schools to cultivate nutritious gardens so that children in rural communities who are undernourished can be fed healthy food in school. I believe partnerships like this will fuel the impact of the charitable sector and will become a new model of much-needed collaboration and efficiency."

Peter Roebbelen
President, The Charis Foundation

“Currently, getting nutritious food to fill the belly has been difficult. Especially when we are working and visiting families, I see kids feeding from dried breasts, just pulling air, and the mother and the kids are emaciated and physically affected. These families do not have three regular meals.

Most rural communities are highly affected by hidden hunger because they lack knowledge of nutrition. Farmers are using a monocropping system, growing only sorghum, corn, and millet, and vegetables are rarely grown.

Children are affected the most by malnutrition.

Before learning from the Thrive Institute, I considered myself to know much about agriculture as it was my specialization and I was wrong. After I trained with Thrive for Good, I transformed and decided to contribute the knowledge and skill of working on vegetable production for affected and forgotten poor people of the communities. I am working rigorously to bring change to the lives of community members.

I am still called to end poverty, but now more specifically, nutritional poverty. I train and encourage the community to work on growing life-giving foods, organic gardening, herbal medicine and income generation.

Although we are working hard, there is still a large portion of the population that we need to reach. We pray for you and your team so that God will provide you with sufficient resources to manage for the vulnerable and orphan communities.”

Gudina Tadesse
Ethiopia



Celebrating 15 Years

In 2023, Thrive for Good celebrated 15 years of dedicated service, empowering families and communities with knowledge and simple tools to cultivate Life Gardens. Thrive's journey began 15 years ago with a vision, a vision that founders Dale and Linda Bolton embarked on.

During a 2004 trip to Malawi, Dale and Linda were shocked to learn of Africa's 34 million orphans. While visiting an orphanage they assisted in building, they witnessed the children being cared for but malnourished due to limited resources. Determined to make a change, they founded a nonprofit initially called Organics 4 Orphans, aiming to utilize uncultivated land surrounding the orphanage to grow nutritious foods inexpensively. Now known as Thrive for Good, their initiative has established over 1,750 community garden projects, benefiting more than 180,000 people. To celebrate 15 years, the Thrive for Good team and its supporters were challenged to engage in fun activities. Dale and Kerri embraced this challenge wholeheartedly as they each launched their fundraising campaign.



Watch this video 
to learn more about
how Thrive got started.

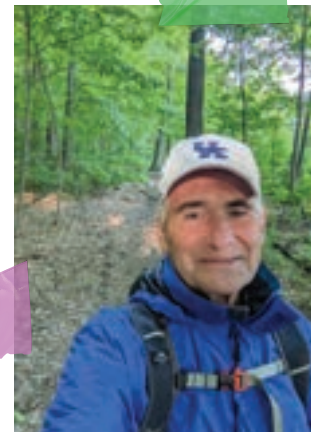


70-Year-Old Founder, Dale Bolton, Takes on the Bruce Trail

Fifteen years ago, Dale Bolton had a vision that led to the establishment of Thrive for Good. Two years ago he took on Mount Kilimanjaro. In 2023, he took on a new challenge, setting out on a remarkable journey along the Bruce Trail. His hike, spanning 900 kilometers of rugged terrain, was not only a personal achievement but also a symbol of the obstacles faced by families and communities striving for a better life.

Dale's hike took place over 15 weeks, he devoted 2 consecutive days per week to cover 30 kilometers each day. With approximately 36,000 steps and at least 8 hours of walking and hiking daily, Dale's journey began near Niagara Falls on May 26th and concluded in Owen Sound on September 3rd. His wife Linda supported him throughout the expedition.

Dale's journey was a testament to the resilience and determination of Thrive for Good. His passion for creating change, nurturing Life Gardens, and providing essential tools to communities in need has been Thrive's guiding light for 15 years.



[Watch Dale's Bruce Trail Hike Video](#)

Eating on just \$2.85 per day!

Kerri Corbett, Director of Communications and Donor Engagement, raised awareness about food insecurity and poverty by living on \$2.85 a day for a week in August. This amount reflects the daily struggles of the 719 million people worldwide living in extreme poverty.

Throughout the challenge, Kerri couldn't accept donated food, only drank tap water, and had a budget of \$19.95 for seven days. Her meals were basic, consisting mainly of oatmeal, Mr. Noodles, beans, rice, bananas, and carrots.

The experience highlighted the physical and emotional toll of food insecurity, with constant hunger pains, exhaustion, and a sense of disconnection from social activities.

Midway through the week, Kerri harvested vegetables from her small garden to demonstrate how access to resources like Thrive's Life Gardens can improve diet quality.

Kerri's commitment inspired support from Thrive for Good's donors and partners, who raised funds to empower more families and communities to grow their own food through Thrive Life Gardens.



[Read the article here](#)

Corporate Partners

Corporate Partners play a pivotal role in amplifying Thrive's impact on the lives of the vulnerable. We firmly believe that by fostering collaborations with powerful organizations that share a common vision and mission to empower the poor, we can achieve more together.

Partnering with Thrive for Good offers corporations a unique opportunity to make a significant, positive impact on society while aligning with their corporate social responsibility goals. Corporations can go beyond traditional business practices and contribute to creating a world where vulnerable communities thrive, fostering a sense of shared responsibility for social and economic well-being.



Spartan Kitchen Products

The story of Spartan's owners is truly inspirational.

Shawn and Mikaela, a young couple, have been working around the clock passionately to launch their business to the next level. Despite facing the entrepreneurial challenges of bootstrapping, they have solidified their commitment to values and giving back by partnering with Thrive for Good.

Spartan Kitchen Products brings professional chef's utensils into one's home, ensuring the best quality results every time, for life.

They have committed to donating \$1 from every kitchen tool sale to support Spartan Gardens with Thrive for Good.

In 2023, through Spartan's support, an incredible 11 community Spartan Garden projects were started in Kenya, providing healthy, nutritious food to over 1,300 people.

Marsham's Employee Competition

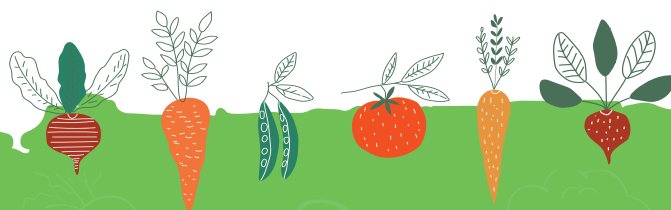
Marsham is Canada's premier natural products broker specializing in food, non-food and supplement brands for over 30 years.

After years of representing Natural Calm Canada and Boltons Naturals, witnessing the impact they have had supporting Thrive for Good, Marsham decided to launch their own corporate campaign to help make a difference by providing nutritious food to those in need.

They challenged each of their employees to start a fundraising campaign to raise \$1,000 each within the 2023 calendar year. Employees were allotted 10 hours of company time and additional resources to achieve their goals.

From bake sales, golf tournaments, bottle drives, car washes, to 50/50 tickets the company came together to raise nearly \$70,000. Their inspiring efforts will provide the knowledge, seeds, and simple tools to 5,880 people so that they can grow their own healthy, disease-fighting foods.

- Jennifer D. organized a golf tournament at her local community golf course, with over 40 golfers contributing to her Thrive Campaign.
- Rabya C. actively promoted Thrive with homemade swag while selling 50/50 tickets to people in her community.
- Marsham's Thrive captains put together a national 50/50 draw that raised over \$10,000.
- Several team members leveraged both their corporate and personal social media platforms to enhance fundraising efforts.
- 4 campaign winners will be going to Kenya in 2025 to visit community garden projects.



Marsham Fundraising Pledge. \$70,000	50/50 PRIZE \$10,050 +25 additional branded gift packs
Employee Fundraising Campaign. \$20,000	600+ Tickets Sold 300+ Different Contributors



Catalyzing Economic Growth & Sustainable Development in Africa

"As I've frequently remarked to Dale Bolton, founder of Thrive for Good, his ability to stretch a dollar is remarkable, ensuring that the contributions you've made will yield significant benefits for the world's most impoverished. Yet, from an economic standpoint, it's crucial to delve deeper into why these contributions represent more than mere acts of charity.

The agricultural landscape in North America prospered under specific conditions: abundant land, advanced technology, and efficient markets. This led to the development of solutions such as tractors, harvesters, and hybrid crop varieties. However, Africa's agricultural challenges are starkly different: limited land and irrigation, a scarcity of capital, deficient infrastructure, and weak property rights. The solutions that have propelled North American farmers to the forefront of productivity aren't directly applicable in this context.

Enter Thrive, with its ambitious mission: to reintroduce indigenous crops and promote sustainable farming practices tailored to Africa's unique conditions. This encompasses not only the reintroduction of native crops but also the dissemination of vital information to improve productivity and nutrition. By providing local farmers with the knowledge and tools they need to thrive in their environment, Thrive is fostering a pathway to sustainable self-reliance.

In essence, Thrive is pioneering grassroots innovation, empowering communities to break free from the cycle of poverty. Your contributions aren't just handouts; they're investments in sustainable prosperity. With Canada's steadfast support, Thrive is making tangible strides in transforming the lives of thousands across Africa.

As an economist, I'm profoundly impressed by Thrive's holistic approach and its commitment to sustainable development."



Jon Putnam
Thrive's Board Director
Ph.D in Economics

In a last-minute decision fueled by friendship and a shared passion for making a difference, Jon Putnam eagerly joined his longtime friend Dale Bolton on a monumental journey up Mount Kilimanjaro in September 2021. As Dale unveiled his ambitious mission to raise awareness about combating world hunger, one garden at a time, Jon felt an instant call to action. With a spirit of solidarity and determination, they embarked on the challenging ascent together, each step a testament to their commitment to the cause.



Sustainable Development Goals

The Sustainable Development Goals are 17 global objectives set by the United Nations to address social, economic, and environmental challenges by 2030.

Thrive for Good's programs are addressing the following 10 of those goals.



No Poverty

Life Gardens tackle poverty through education, food security, and community-led initiatives, offering skills, nutrition, and economic independence.



Zero Hunger

Life Gardens combat hunger by providing sustainable food sources, doubling agricultural productivity, and addressing malnutrition.



Good Health and Well-Being

Life Gardens improve health by providing nutrition and natural medicine, reducing disease, and promoting a healthy lifestyle.



Quality Education

Life Gardens enhance education by providing curricula, skills training, and inclusive learning environments.



Gender Equality

Life Gardens promote gender equality by empowering women, fostering inclusivity, and providing leadership opportunities.



Reduced Inequalities

Life Gardens promote inclusivity, empower communities, and mitigate migration through sustainable development.



Sustainable Cities and Communities

Life Gardens provide food security, support urban planning, and foster environmental awareness.



Climate Action

Life Gardens enhance climate resilience, promote environmental education, and reduce carbon emissions.



Life on Land

Life Gardens restore ecosystems, encourage reforestation, and combat soil degradation.



Partnership for the Goals

Life Gardens foster partnerships, empower communities, and support capacity-building for sustainable development.



2023 Financials

In 2023, we celebrated a significant financial milestone with a 25% increase in total revenue compared to the previous year, culminating in a surplus of nearly \$185,000. This success, powered by the dedicated support of our corporate and major donors who covered all overhead expenses, has enabled us to direct a larger percentage of our funds towards our core mission of teaching and empowering communities to grow gardens. As we step into 2024, this financial foundation enhances our ability to efficiently manage resources across Programs, Administration, and Fundraising, ensuring maximum impact and continued growth.

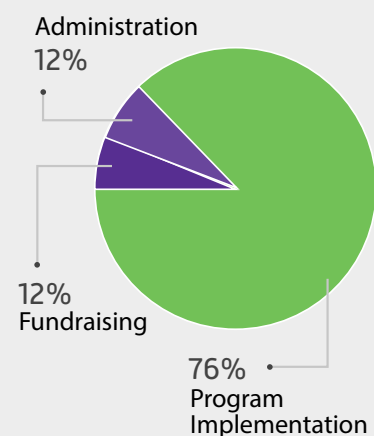
Total Revenue in 2023 \$1,117,299

Sources of Funds:

Individuals	\$619,904
Corporate	\$197,863
Granting Foundations	\$235,329
Strategic Partnerships	\$34,999

Allocation of Funds \$932,600

Program Implementation	\$710,288
Administration	\$108,278
Fundraising	\$114,035



Cash Position:

January 1, 2023	\$378,102
December 31, 2023	\$203,233

To be carried into the next fiscal year for future community projects.



Our full 2023 financial audit can be accessed online.

Scan the QR Code to read or visit <https://thriveforgood.org/financials/>

The Harvest

The Harvest is a group of engaged and committed monthly donors determined to end hidden hunger and poverty. Harvest donors empower people in the developing world to grow life-giving, income-generating foods — sustainably.

Each month they receive an impact report with updates on the difference they're making through various Thrive for Good projects. They receive testimonies from people whose lives have been changed, nutrition and gardening tips, and other benefits specific to Harvest members only.

In 2023, the Harvest community empowered a total of 5,311 people to grow nutritious food.

The Harvest community is made up of 100 generous monthly donors like Lerryn.

"Empowerment through life-giving knowledge is key. Personally visiting the developing world for the first time shook my world. I left Africa wondering how so much disparity could exist between those who have the opportunity to obtain healthy food and those who did not. The village of Kageyo, Rwanda, which I visited 6 years ago has a very different look today. Where there once was barren ground has now been developed into lush gardens full for nutrient-dense foods thanks to Thrive. The people of Kageyo are being equipped with organic gardening knowledge and practical skills to achieve health and self-sustenance. I have seen the impact my monthly contributions have made both in this village and other communities around the world. To gift others with opportunities for personal health and self-sustainability is monumental. I believe Thrive's programs are effective and I am proud to see real change through my monthly giving."

Lerryn



To learn more about the Harvest monthly giving program please scan this QR code.

Donating \$15 per month helps someone each month to grow their own food.

(that's less than a coffee per day and totals only \$180 per year)



Thank You

Join us at thriveforgood.org



