



More than just a meal!

WHO WE ARE

- ▶ Established in 1968 as The King's Daughters Dinner Wagon
- ▶ Volunteer-based community support service
- ▶ Deliver nutritious meals to maintain client health and independence at home
- ▶ Service offered short or long term

OUR VISION

- ▶ Meals on Wheels seeks to be the collaborative leader in Eastern Ontario in the delivery of nutritious and affordable meals to persons in need and facilitate for them a point of contact within the health system

OUR MISSION

- ▶ Meals on Wheels/La Popote roulante is a not-for-profit agency that promotes the dignity, health, and independence of people who are elderly, have disabilities, or are convalescing in our catchment area by:
 - ▶ *Delivering affordable and nutritious meals to persons in need*
 - ▶ *Setting standards of quality of meals that kitchens must meet*
 - ▶ *Monitoring the quality and rectifying problems with kitchens as necessary*
 - ▶ *Minimizing costs of meals to clients*

OUR MISSION (continued)

- ▶ *Being a point of contact within the health system*
 - ▶ *Checking welfare of clients when delivering meals*
 - ▶ *Alerting contacts/emergency services if required*
- ▶ *Collaborating leadership*
 - ▶ *Working with other organizations in Eastern Ontario to develop a coordinated system for serving people in need*
 - ▶ *Developing a system of best practices which can be shared with other organizations*

OUR SERVICES

- ▶ Hot meal program
- ▶ Frozen meal program



HOT MEAL PROGRAM

- ▶ Offer a wide variety of main dishes, soups, and desserts
- ▶ Provide meals accommodating some allergies and offer diabetic desserts
- ▶ Delivered from Monday through Saturday between 11:00am and 1:00pm



FROZEN MEAL PROGRAM

- ▶ Also offers a wide array of main dishes, soups, and desserts
- ▶ Caters to special diets - gluten free, vegetarian, pureed, minced, low sodium, and diabetic
- ▶ Clients select their own menu
- ▶ Delivered weekly



COSTS

Hot Meals: \$7.25 per meal

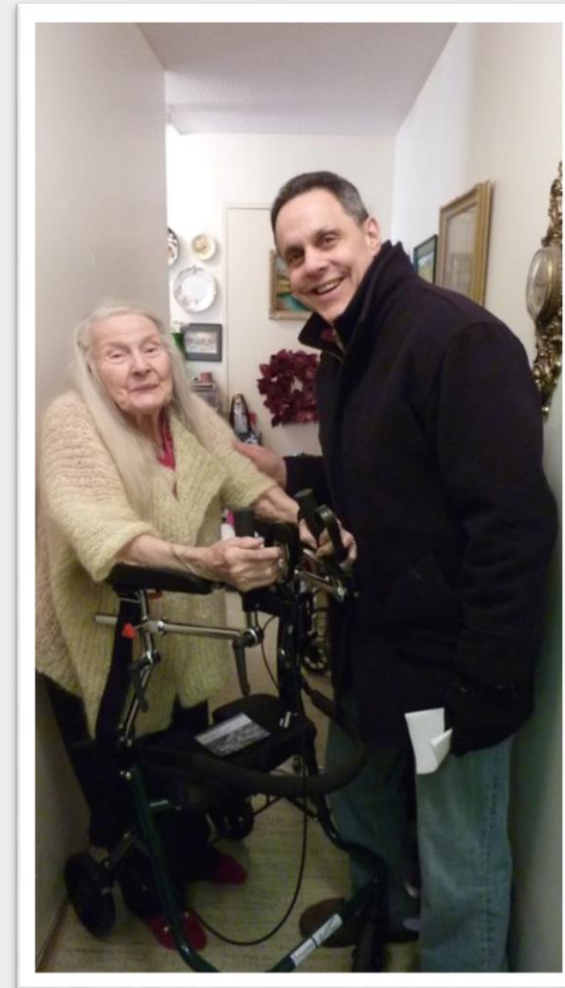
Frozen Meals:

- ▶ **Apetito Foods:**
 - ▶ \$42 per package of 7 entrées or 5 entrées + 5 soups/desserts
 - ▶ \$6.30 per entrée
 - ▶ \$2.85 per dessert, soup, or breakfast snack
- ▶ **TimeSaver Foods:**
 - ▶ \$7.90 per entrée
 - ▶ \$4.45 per soup



OUR CLIENTS

- ▶ Men and women of all ages
- ▶ Older adults
- ▶ Persons with a disability or persons recovering from an illness
- ▶ Use service to maintain independence in their own homes



OUR VOLUNTEERS

- ▶ Deliver meals by car and bike
- ▶ Drive using their own vehicles
- ▶ Serve meals (no vehicle required)
- ▶ Work in the office
- ▶ Serve on our board of directors
- ▶ Give presentations in the community



MEALS ON WHEELS CIRCLE

- ▶ Founded in 2013
- ▶ The Meals on Wheels Circle of The King's Daughters and Sons is mandated to support the charitable work of Meals on Wheels/La Popote roulante
- ▶ Focuses its actions around fundraising, volunteer recruitment, education, and advocacy



CORPORATE VOLUNTEERS

Helping with:

- ▶ Lunchtime meal deliveries

Who are they?

- ▶ TD Bank Group
- ▶ Royal Bank of Canada
- ▶ Royal LePage Team Realty



Corporate volunteers can also help with:

- ▶ Financial and equipment donations
- ▶ Translation services
- ▶ Fundraising activities

STAFF

- ▶ Bau St-Cyr, *Executive Director*
- ▶ Jill Daigle, *Manager of Volunteer Services*
- ▶ Jessica Neil, *Coordinator of Volunteers*
- ▶ Maria Yan, *Bookkeeper*
- ▶ Kate Uffen, *Coordinator of Client Services*
- ▶ Michael Girgis, *Marketing and Outreach Assistant*
- ▶ Diane Naika Dieujuste, *Coordinator of Volunteers*
- ▶ Sandrine Mugeni, *Receptionist*
- ▶ Monique Rochon, *Saturday Client Coordinator*

HISTORY

1968

- ▶ 1 Supplier kitchen
- ▶ 1 Route
- ▶ 6-10 Meals per day



2020

- ▶ 5 Hot food suppliers
- ▶ 2 Frozen food suppliers
- ▶ 18 Hot routes (Monday to Friday)
- ▶ 10 Hot routes (Saturday)
- ▶ 18 Weekly frozen routes
- ▶ Up to 300 meals per day



OTHER MOW PROGRAMS

- ▶ Eastern Ottawa Resource Centre 613-741-6025
- ▶ Western Ottawa Community Resource Centre 613-591-3686
- ▶ Rural Ottawa Senior Support Services
 - ▶ Metcalfe 613-821-1101
 - ▶ Manotick 613-692-4697
- ▶ Jewish Family Services (Kosher) 613-722-2225
- ▶ La Popote roulante de Gatineau 819-568-0747
- ▶ La Popote roulante de Hull 819-778-2900 ext. 23

FUNDING

- ▶ Client fees
- ▶ Fundraising
- ▶ Individual donations
- ▶ Business donations
- ▶ Government of Ontario
- ▶ City of Ottawa
- ▶ Service Clubs, community and church groups
- ▶ Gifts-in-kind