

Annual Report 2024



Table of Contents

- 3** About Us
- 4** Message from the Executive Director
- 5** Message from the Board President
- 6** Message from Mayor Sohi
- 7** Message from Minister Nixon
- 8** Volunteer Appreciation
- 9** Volunteer Memorial: Bev Lorencz
- 10** Volunteer Recognition: Liam Perdue
- 11** Volunteer Recognition: Ken Cunningham
- 12** Corporate Appreciation: Gateway GIVES
- 13** Corporate Appreciation: Imperial Oil
- 14** Highlights from 2024
- 16** Food Rescue
- 18** Social Prescribing & Coordinated Outreach
- 19** Uplifting Bodies and Minds
- 20** Winter Festival at EMOW
- 22** Wing Wednesday 2024
- 23** Treasurer's Report
- 24** Financials
- 26** Supporters





About Us

At Edmonton Meals on Wheels, we are committed to addressing food security in our communities by providing essential meal services to some of the most vulnerable members of our community. Since 1969, Edmonton Meals on Wheels has played a crucial role in supporting the health and well-being of those facing barriers to preparing their own meals.

While we are known for delivering healthy prepared meals, we also provide meaningful connections to socially isolated individuals. Many of our clients share how much they look forward to the daily visits from our volunteer drivers and the friendly conversation and moments of genuine connection they bring. These regular check-ins enable clients to live comfortably and independently at home.

Beyond the clients we serve directly, our impact extends to their loved ones and caregivers, who gain peace of mind knowing that their family members are receiving healthy, reliable meals that support them. This exponential reach strengthens the entire community, reducing strain on healthcare systems, promoting independence, and ensuring that no one goes without the nutritional support and connection they need to feel their best.

We are also deeply invested in developing programs and fostering partnerships that expand our reach in the community and contribute towards our overall mission of building a healthier, more connected community.

Board of Directors

Michael Kirk
President

Amy Oygen
Vice President

Linda Chow-Turner
Past President

Shannon Troke
Treasurer

Rob Christie
Secretary

Vince Campbell
Casino Chair

Sven Anders
Director

Shelly Blackburn
Director

Dan Campbell
Director

Rev Darda
Director

Pieter Lambooy
Director

Pam King-Jesso
Director

Glenn Quinn
Director

Message from the Executive Director Sonja Zacharko



Collaboration was key in 2024. With 1 in 4 Alberta households experiencing food insecurity, EMOW dedicated itself to working alongside other organizations and agencies to extend our reach and support within the community.

We partnered with the Wihcihaw Maskokamik Society, which operates a shelter in north Edmonton, providing their guests with over **55,000** prepared meals and **11,000** snacks over an 11-month period. The positive feedback we received about the quality and flavour of our made-from-scratch food items we delivered daily is a reminder of the impact that good nutrition has on overall wellness.

EMOW is also a proud partner in the social prescribing program and coordinated outreach model led by the Edmonton Seniors Coordinating Council (ESCC). Through these initiatives, older adults accessed **1,077** nutritious, prepared meals at no charge when they couldn't afford to eat or were unable to prepare food for themselves.

Advocating for food security and recognizing the power of collaboration is also why EMOW is represented on local stewardship groups Edmonton Age Friendly Alliance and Food Security Food Justice Edmonton.

In 2024, we were thrilled to launch the first phase of our ethnocultural meal program. With support from the Multicultural Health Brokers Cooperative and the Shaama Centre for Seniors and Women, EMOW introduced three South Asian meal items in our frozen meal program. Our team is excited to continue expanding our authentic, cultural meal offerings through future partnerships.

We are deeply grateful to work with our many agency partners to positively impact food security for the city's most vulnerable. Through these dynamic connections, the clients we serve benefit from a coordinated approach that truly enhances their well-being!

A handwritten signature in black ink that reads "Zacharko". The signature is stylized and cursive.

Sonja Zacharko
Executive Director, Edmonton Meals on Wheels

Over
5,000
individuals served
in 2024

Message from the Board President Michael Kirk



As we reflect on the incredible progress made at Edmonton Meals on Wheels in 2024, one thing stands out above all: the power of partnership. This past year, through collaboration with various agencies, foundations, and our incredible team of volunteers and staff, Edmonton Meals on Wheels continued to be a vital force in food security, ensuring that no one in our community went without a nourishing meal.

Every day, we provide hundreds of meals to individuals who face any number of challenges that compromise their access to healthy food, including physical or cognitive health concerns, financial hardship and social isolation. For many, our deliveries are more than just a meal; they are a source of connection and a reminder that they are cared for and valued. This work would not be possible without the strong collective efforts of our team and our community partners.

We are deeply grateful for the steadfast support of individuals, businesses and foundations who recognize our organization's efforts to resolve critical gaps in food security initiatives in Edmonton. Their generosity empowers our hardworking team to continue making an impact, meal by meal.

To the hundreds of volunteers who support every aspect of our operations, thank you. Every day, they show up to prepare, package and deliver healthy meals with kindness and dedication. They bring not only nourishment but also warmth and conversation to those who need it most. Their commitment embodies the spirit of community, reminding us all of the power of human connection.

At Edmonton Meals on Wheels, we fulfill an essential need for affordable, accessible and nutritious prepared food in Edmonton and beyond. As we look ahead to 2025, it is the unwavering support of our partners and volunteers that will help us continue to build healthier, more connected communities.

Thank you for supporting us in this mission.

A handwritten signature in blue ink, appearing to read 'Michael Kirk'.

Michael Kirk
Board President, Edmonton Meals on Wheels



Message from His Worship Amarjeet Sohi

On behalf of City Council and the people of Edmonton, I would like to thank Edmonton Meals on Wheels for another year of nourishing our community. Meals on Wheels has been fostering community, creating connections and delivering high-quality meals throughout Edmonton since 1969.

Their initiatives like the Going Home program fed over 600 people in the past year and they continue to reach our vulnerable populations and spread positivity throughout the city.

Your dedication to providing aid to Edmontonians is a benefit to the city and they continue to give many a sense of community, dignity and belonging.

Whether on the coldest or warmest day of the year, your volunteers arrive without fail and as a city, we are grateful for your enthusiasm and commitment.

I commend the staff and volunteers who continue to make Edmonton Meals on Wheels a success. Best wishes in 2025!

A. Sohi

Amarjeet Sohi
Mayor, City of Edmonton

Message from Honourable Jason Nixon Minister of Seniors, Community and Social Services



I would like to extend my congratulations to Edmonton Meals on Wheels for an outstanding 56 years of providing essential support to homebound, vulnerable and aging Edmontonians.

Your commitment to providing high quality, nutritious meals through home delivery and food services is invaluable to our community. I commend you for continuing to find innovative ways to engage older adults by fostering participation in events, cultivating partnerships and creating meaningful volunteer opportunities.

The Government of Alberta maintains its focus on addressing the needs of older Albertans and supports them to live safely and independently in their chosen communities. Through investment to the Edmonton Seniors Coordinating Council, Edmonton Meals on Wheels plays a key partnership role in the Edmonton social prescribing project that connects adults aged 55+ to essential, non-medical supports. These investments and partnerships reinforce the importance of community-based solutions in enhancing the quality of life for older adults.

Thank you for all you do in ensuring that seniors can access the resources they need to thrive within their communities. I offer my sincere gratitude to the staff, volunteers and supporters of Edmonton Meals on Wheels for your tireless efforts as you provide such an important service to the community. The work you do is truly inspiring, and I look forward to seeing the continued success of this wonderful organization.

A handwritten signature in blue ink, appearing to read 'Jason Nixon'.

Jason Nixon
Minister of Seniors, Community and Social Services



Volunteers

Serving our community and changing lives

Our volunteers are vital to sustaining our meal services and related client-centred programs. Thanks to the support of **1,272** volunteers last year, we were able to provide our essential services to those who needed us most. They contributed a staggering total of **46,353** volunteer hours to our mission!

Every day, we rely on about 50 volunteers to help us serve our clients, from kitchen volunteers who help prepare meals to volunteer drivers who ensure every client receives their meal along with a warm greeting and friendly check-in.

Our volunteers bring comfort to hundreds of individuals through connection and nutrition. They build bonds with clients, other volunteers and EMOW staff, creating a strong sense of community and belonging. Each and every one of our volunteers contribute to a thriving environment at EMOW thanks to their compassion and concern for others. This includes hundreds of our community and corporate volunteers who donate their time and enthusiasm in support of our clients.

We wouldn't have been able to achieve as much as we did in 2024 without their incredible dedication.

Volunteer Events



Volunteer Appreciation Day

Last summer, we gathered in Capilano park to celebrate our amazing volunteers. Everyone enjoyed a fun summer evening with food trucks, games, and entertainment as they shared great conversation and lots of laughter. We're grateful for these opportunities to connect with and celebrate the people who so willingly give of their time to support their community.



Flapjack Friday

On International Volunteer Day, we decided what better way to acknowledge our volunteers than by sharing a delicious breakfast! We were thrilled to see so many of our volunteers stop by for some flapjacks and friendly conversation. Each volunteer also received our 2025 calendar as a token of our appreciation.

Volunteer Memorial

Bev Lorencz

For several years, we had the fortune of knowing Bev Lorencz, a volunteer driver who left us with fond memories of her generosity and dedication. With each delivery, Bev made a significant difference in the lives of our clients who could always expect kindness and empathy from her.

Mary-Lynn, one of our volunteers, remembers Bev as someone whose life was consistently marked with adventure and benevolence.

“She was a character, I tell you,” Mary-Lynn says. “She was smart, very generous, [had] a good sense of humour, and was outgoing and stubborn.”

The two had come to know one another through work as nurses at the Charles Camshell hospital. Throughout her career, Bev had deliberately sought out opportunities where she could apply her nursing skills for the betterment of the community. In her pursuit, she had discovered that she found fulfillment in helping underserved individuals.

Once she retired, she looked for volunteer opportunities to keep herself busy; Edmonton Meals on Wheels happened to be her favourite organization. “When you’re a nurse, that’s what you do,” she says. With a background in psychiatric medicine, Bev was enthusiastic about supporting and reaching out to clients experiencing social isolation.



Despite their friendship, Mary-Lynn and Bev did not volunteer on the same days, opting to instead spend time together through movie nights and travels abroad. From trekking the Serengeti of Tanzania to cycling in Europe, Bev was destined to live her life to the fullest.

Bev passed in 2024, leaving a legacy that continues to inspire those who knew her, including a family that she cherished and her dear friend Mary-Lynn.

Her friend often finds her thoughts drifting back to Bev, especially during her routes. “I thought of her every time I was making my rounds,” she admits. “She’d be happy that I’m doing this, and I’m doing it for Bev, too.”



Volunteer Recognition of Excellence Award

Liam Perdue

Each Monday afternoon, Liam volunteers in our kitchen and helps us prepare and assemble hundreds of meals that go out to our clients. For over five years, he has been consistently supporting us by donating his time and skill.

For Liam, becoming a kitchen volunteer “was an easy decision.” Liam enjoys working with food and had previously worked in restaurants and volunteered in community kitchens. After spotting a sandwich board outside our office, he stepped inside and became part of Edmonton Meals on Wheels.

His previous experience gave him insight into food security and its impact on others. “There’s something about food that is fundamental,” he says. According to Liam, it’s up to the kitchen volunteers to prepare enough ingredients for the hundreds of fresh and frozen meals that feed our clients. As someone who enjoys working with food, Liam thinks that there’s no better way to give back to the community.

Shortly after joining us, the pandemic brought a new set of challenges as well as an increase in those needing help. During the pandemic, our organization adapted and found new ways to meet the needs of anybody facing barriers to healthy eating. Throughout the pandemic, Edmonton Meals on Wheels saw increased demand for our services and a need for culturally relevant meals to reflect the diversity of our client base. Liam believes that this need prompted us to launch a new South Asian ethnocultural meal.



“There’s been a lot of creativity and thought put into making the food more colourful and interesting, and also a little bit ethnically wider,” he says. “It’s fun to participate in that at whatever level.”

He also finds that volunteering has improved his cooking skills. Liam shares that he’s learned more about food preparation, from basic food safety to baking tips. These skills have been built in the heart of our production facility where he interacts with staff and volunteers.

“I like to keep involved, and I’ve got good relationships here,” he says. “When you get down to it, it’s really about the people.”



1,272
total volunteers



46,353
2024 volunteer hours

Volunteer Recognition of Excellence Award

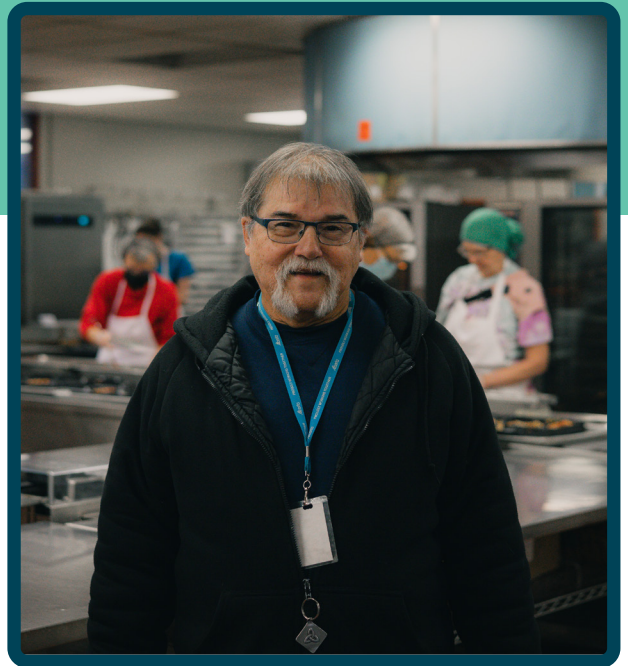
Ken Cunningham

When Ken first retired, he decided that he needed to find a way to help the community. He enjoyed his work but felt as though he had been left with few opportunities to explore the city. "In my previous work, I was tied to my office," he admits. "I just wanted to go out and meet people, and I enjoy driving around the city."

Delivering meals and connecting with EMOW clients are just some of the many ways that Ken gives back. His dedication to community service is heavily reflective of his spiritual beliefs as a secular Franciscan. The Franciscans are an order of the Catholic church dedicated to serving those in need.

Three times a week, Ken follows his principles and uplifts others by offering the warmth of a friendly smile and the relief of a healthy meal. Ken enjoys those moments where he gets to greet a client face-to-face and strike up a friendly conversation. In the four years that he's volunteered with us, he's developed warm friendships with some of his clients. One of his favourite clients also spoils him with treats for nearly every holiday.

"I've known a lot of them for quite a while," he says. "Some have unfortunately passed on."



Ken admits that it always saddens him to hear about the passing of a client. But, he realizes the role meal deliveries play in improving someone's well-being. "On the flipside, I think we keep a lot of people in their houses for a lot longer than they normally would be."

Ken inspires us with his commitment to making a difference in his community. Ken's endless acts of compassion have earned the profound appreciation of staff, volunteers and clients alike.

Corporate Appreciation Award Gateway GIVES

For nearly ten years, we have had the dedicated support of Gateway Casino and Entertainment through their Gateway GIVES program. This program extends support to organizations and initiatives that promote community well-being and address current issues that affect some of the most vulnerable members in our city.

Their commitment to social responsibility is best illustrated by their pledge to fund the cost of soups once a week. In 2024, Gateway GIVES sponsored over **15,000** servings of soup for our clients. The impact of this generosity is felt by our clients, who receive this nutritional support that sustains their physical health and well-being.

Gateway GIVES' soup sponsorship supports our ability to provide meal services that are accessible and inclusive to all. Their support offsets the cost of ingredients which enables us to maintain affordable meal fees.

As we celebrate ten years of partnership in 2025, we gratefully recognize the vital role that Gateway GIVES has played in encouraging our mission's overall success. We have built a strong partnership founded on a shared vision — paving the way for a healthier, more connected community by providing home-delivered meals and social connection. Thanks to our collective efforts, we are creating a positive difference in our community.

Wing Wednesday 2025

In recognition of our decade-long partnership, we are thrilled to host our 3rd annual Wing Wednesday event at the stunning Halley's Club at Starlight Casino on April 2, 2025.

Gateway GIVES' tireless support has created a profound difference for Edmonton Meals on Wheels and our clients. This year's fundraiser gives us the opportunity to celebrate this incredible milestone while continuing to garner support for our mission.

We extend our gratitude to Gateway GIVES and Starlight Casino for working with us to make this year's Wing Wednesday truly memorable for our guests.



GATEWAY *Gives*



Corporate Appreciation Award Imperial Oil



We are honoured to recognize Imperial Oil's dedicated commitment. Since 2019, Imperial Oil has been our Official Fuel Sponsor, helping us offset the costs involved in operating and maintaining our delivery vehicles.

All throughout the city, our volunteer drivers use our delivery vans to bring nutritious meals and social connection to our clients. Every day, vulnerable individuals look forward to their meal delivery that provides them with essential nutrition along with the comfort of a friendly face. These deliveries contribute to their physical and mental well-being, enabling them to live more independently in the comfort of their homes and neighbourhoods.

In the coming year, we are looking forward to welcoming back the Imperial Oil team to help us with meal deliveries. Based on their past experiences of delivering meals to our clients, they appreciate the vital need that Edmonton Meals on Wheels is addressing thanks to their support. Their commitment will help us continue working toward better health outcomes for some of the most vulnerable members of our community.

As we continue to face the pressures of rising costs in all areas of our operations, we are incredibly grateful for Imperial Oil's investment in our efforts. Together, we are creating healthier, more connected communities.

198,798
kilometres driven
in 2024



2024 Highlights

South Asian Ethnocultural Meals

In partnership with the Shaama Centre for Seniors and Women and Multicultural Health Brokers Cooperative, we were excited to introduce three new South Asian meals to our frozen menu — Chicken Quorma, Seekh Kebab with Nauratan and Lentil Tarka. With the guidance of volunteers from The Shaama Centre, our kitchen team learned the traditional ingredients and cooking methods involved to create these new dishes. Adding culturally relevant meals helps us reflect the diversity of our communities. This collaboration is the first step in our commitment to expanding our menu and we look forward to similar collaborations in 2025 and beyond.



Wîhcihaw Maskokamik Society Support

In 2024, we collaborated with Wîhcihaw Maskokamik Society (Bear Lodge), an emergency lodging centre that offers guests a safe place to stay along with supports and resources. Edmonton Meals on Wheels delivered freshly prepared meals and snacks for up to **100** people each day, providing essential nutrition to those needing the comfort and sustenance of a meal. We were honoured to be able to support this initiative and extend our services to fulfill a critical need within our community.



Caregivers Referral Program

Edmonton Meals on Wheels partnered with Caregivers Alberta to offer meal support to caregivers in need. Many barriers can prevent caregivers from preparing their own meals such as burnout, lack of time and financial struggles. Thanks to the support of Petro-Canada's CareMakers Foundation, we developed a pilot project for a caregivers' respite meal program that delivered two weeks of free meals to caregivers referred to us. This reprieve from meal planning and preparation enabled caregivers to take a little more time for themselves and focus on their own physical and mental well-being.



Going Home Program



The Going Home Program helps individuals challenged by accessing healthy meals following a hospital stay. Recognizing the vital role nutrition plays in the healing process, this program offers two weeks of free meals to support clients' recovery in their own homes without the worries of making meals and eating well. This program is especially critical for those who are socially isolated and lack a strong support system to help with recovery. In 2024, the number of referrals to Going Home nearly doubled, averaging about **50-60** clients a month by year end. This increased demand has put significant pressure on EMOW's resources as we self-fund this program internally with the help of our donors and supporters.

Food Rescue



Leftovers Canada

Edmonton Meals on Wheels is committed to nurturing a healthier community. This includes seizing any opportunities to reduce food waste through innovative initiatives. We work with Leftovers Canada, an organization committed to distributing excess food to individuals experiencing food insecurity, to recover surplus food items at risk of going to waste.

These ingredients go into the many meals that nourish our clients each day. We are very thankful to partner with Leftovers Canada and see the progress we are making to improve our local food system. Throughout 2024, we managed to rescue approximately **2,400** pounds of food, ultimately reducing food waste and greenhouse gas emissions.

Vertical Roots

Edmonton Meals on Wheels uses fresh, local ingredients in our meals whenever possible. We know that our clients greatly benefit from both the flavour and nutritional value of local foods. Thanks to our community partner, Vertical Roots, we are regularly incorporating fresh produce into many of our recipes.

In the summer of 2024, Vertical Roots began donating fresh produce to us. The vertical farm grows produce year-round using hydroponic technology that yields nutrient-rich and clean lettuce. Vertical Roots is committed to improving food security in our communities by minimizing reliance on food imports, particularly during the winter months. We are incredibly grateful for their enthusiastic support that helps us deliver fresh and flavourful meals to our clients year-round.





Little Potato Company

We love providing our clients with tasty ingredients that elevate their experience. With our generous partner, the Little Potato Company, we're able to prepare memorable eating experiences for our clients by using their donated produce. We know that our clients greatly appreciate the taste and quality of fresh locally-grown potatoes.

Each year, the Little Potato Company donates one million pounds of their little potatoes to local organizations dedicated to feeding community members and addressing food insecurity. This gesture is rooted in Little Potato Company's commitment to giving back.

These donations alleviate the cost of food ingredients which helps us offset operational expenses and further develop our programs and services.

Grow-a-Row

Our Grow-a-Row program encourages our donors to help us bring the flavours of fresh, seasonal ingredients right to our clients' plates. Individuals with a garden can donate any surplus vegetables and fruits to our kitchen.

These ingredients are incorporated into our menu items, enabling us to create tasty meals that reflect the full flavours and colours of the season. From tomatoes and carrots to rhubarb and herbs, we're happy to accept all contributions from anyone with a green thumb and a passion for helping others.

Individuals can also pledge an entire row to Edmonton Meals on Wheels. This commitment goes a long way in supporting our meal production. By donating to our Grow-a-Row program, community members help us cultivate a community that reduces food wastes and helps vulnerable individuals access fresh, healthy produce.



Social Prescribing and Coordinated Outreach

With many vulnerable individuals relying on our services, we recognize our responsibility to maximize the health and well-being of our clients. The same barriers that limit an individual's access to nutritious, made-from-scratch meals affect their day-to-day life. Working alongside the Edmonton Seniors Coordinating Council (ESCC), we can take a more holistic approach to supporting our clients' health.

This compassionate project was developed by ESCC with funding from the Government of Alberta. Social prescribing aims to create a healthcare system that identifies and fills community support gaps. Often, older clients might not know who to ask for help. With this partnership, we can refer clients to resources and support from snow removal to personal counselling.

Another key aspect of this program is coordinated outreach. Through a referral with ESCC, support and social workers redirect seniors to requested resources. This has enabled us to expand our reach and ensure that more vulnerable seniors receive the nutrition they need.

Thanks to these collaborative efforts, we can address the complex needs of our clients and identify individuals with limited ability and access to nutritious meals. We are building a more interconnected support system in our city by forming strategic partnerships like this.



"For a lot of us, Meals on Wheels is our primary source of nutrition."

Florence, EMOW Client

Thank You

The Stollery Charitable Foundation

We'd like to extend our gratitude to The Stollery Charitable Foundation for awarding a grant to purchase a 2024 Chrysler Caravan for our meal deliveries. With this new addition, our volunteer drivers can reliably and safely transport healthy meals to our delivery hubs throughout the city and straight to our clients' doors. This grant also included adding graphics to the new van, enabling us to maximize our exposure as we travel across the city.



Uplifting Bodies and Minds

We believe that emotional health is just as crucial as physical health. Our meal delivery services offer individuals two essential needs — nutrition and social connection. When it comes to support, many socially isolated individuals want to feel as though they're part of a community. When clients receive their meal, they know that they're seen and heard.

Beyond meal preparation and delivery, volunteers have the opportunity to support other projects that uplift clients through tokens of appreciation and sharing a little bit of positivity. In our breakroom, volunteers are often decorating meal bags, envelopes or cards for our clients.

These simple gestures greatly enhance our clients' experience, especially when they see the thought and care put into their meal and its presentation. Whether it's a heartfelt message or talented illustration, clients are treated with compassion and kindness.



We're proud to partner with community organizations that volunteer with us and support these compassionate endeavours. Organizations like SKILLS, AdaptAbilities and Selections are dedicated to supporting individuals with diverse abilities and giving them opportunities to contribute their time in meaningful ways.

When these volunteer groups support our client appreciation projects, they're brightening someone's day. In return, they gain valuable volunteer experience and build their own self-esteem. They also learn how to give back to their fellow community members through acts of kindness.

We're so grateful to have the support of our volunteers who help us spread a little joy and show a little appreciation. For our clients, some of the smallest gestures make a world of difference.



Edmonton Meals on Wheels' Winter Festival

For years, Winter Festival (formerly the 12 Days of Christmas) has meant going above and beyond for our clients so that they feel extra special and appreciated during the holidays. Our Chef and his team prepare an upscale holiday menu for the days leading up to and including Christmas Day for our clients to enjoy. They eagerly anticipate these premium quality meals that have been prepared to both nourish and 'WOW' them.

Local businesses and service organizations supported Winter Festival in 2024 by sponsoring these meals and, in many cases, volunteering their time to help us prepare and deliver them to our clients. This heartwarming display of community care enabled us to provide comforting meals and thoughtful gifts to those who could benefit the most from some holiday joy.

2024 Winter Festival Sponsors

Associated Canadian Travellers Club

Crowe MacKay LLP

Edmonton Southgate Lions Club

Equipment Sales & Service Limited

Gateway Mechanical Services

Harmani Investments Inc

Miller Thomson LLP

MNP LLP

Pringle Law

Riva International Inc

Synergy

Venturi Engineering Solution Inc



Christmas Day Sponsor

Equipment Sales & Service Limited

Each holiday season, we receive a meaningful gift that's specially reserved for December 25. For several years, Equipment Sales & Service Limited (ESS) has sponsored the Christmas Day meal we prepare for our clients.

One year when ESS sponsored a holiday meal, Karen Thibault, a manager from ESS, received a phone call from one of our clients. She explained to Karen how much this special meal meant to her, and she wanted to let them know how grateful she was for their generosity. Realizing the impact of this support, ESS has pledged to continue sponsoring Christmas Day meals ever since.

This generosity demonstrates the true spirit of holiday giving, and we are deeply grateful for this support.

"I get really emotional thinking about the impact of our donation."

**Karen Thibault,
Equipment Sales and Service**

Christmas with Friends

During the holidays, we spread a little holiday cheer at our annual Christmas with Friends gathering. This event helps us connect with and celebrate the many individuals and groups that help form our community. From clients and volunteers to community partners, everyone enjoyed this opportunity for friendly conversation and connection.

Special thanks to those who elevated this event including MNP, Wihkwêntôwin School Children's Choir, Chance! Quartet, and the many local businesses who donated door prizes and refreshments.





Wing

WEDNESDAY

A HOT & SPICY
FUNDRAISER FOR
EDMONTON
MEALS ON
WHEELS



It was hotter than ever at our 2nd annual Wing Wednesday, our hot and spicy fundraiser for Edmonton Meals on Wheels!



Nearly **150** guests joined us at Stantec Tower's modern venue to enjoy an exciting and fun-filled evening complete with great food and entertainment including a live painting by Giselle Denis, music from DJ Suzanne Summers and our popular Hot Seat interviews hosted by Rob Christie.

We are grateful to everyone who made this night such a terrific success. Together, we raised over **\$30,000** for our programs and services. This was made possible thanks to the enthusiastic and generous support of our guests and sponsors along with local businesses who donated many highly coveted silent auction items.



We hope to see both familiar and new faces at our next Wing Wednesday on April 2, 2025 when we take over Halley's Club at Starlight Casino!

Thank you to our event sponsors

- Alberta Chicken Producers
- Amrik Consulting
- Authentic Wine and Spirits
- BubbleUP Marketing
- CWB Wealth
- Enokhok Developments
- Inter Pipeline
- Maple Leaf Foods
- Sea Change Brewing
- Sorrell Financial Inc
- Timber Benefits
- WestJet
- Yardstick Technologies



Treasurer's Report



The board of directors is pleased to present, for your approval, the financial statements of the organization for the year ended December 31, 2024. The Independent Auditor's Report, similar to previous years, affirms that we are following Canadian accounting standards for not-for-profit organizations in an appropriate manner.

This past year, there was an operating deficit of \$264,508 compared to an operating deficit of \$309,644 in the prior year (deficit of \$469,845 in 2022). With ongoing operational challenges, including rising food and fuel costs, the organization had projected operating deficits with a goal of having an operating surplus by the end of 2027. The decreasing deficits are ahead of initial projections and show that the organization is on track to meet its goal. This progress could not be achieved without the hard work of staff, volunteers and donors.

The organization's investment portfolio continued to perform well. There was an unrealized increase in the value of the portfolio of \$160,935 (2023 - \$159,534) and realized income of \$161,127 (2023 - \$167,112). The portfolio's contribution led to an overall surplus of \$57,544 compared to an overall surplus of \$17,710 in 2023.

Overall reserve funds increased to \$3,317,596 from \$3,260,042. These reserves play a crucial role in ensuring the long-term stability and sustainability of Edmonton Meals on Wheels. Included in the reserves is \$2,734,000 set aside by the board for future operations and other strategic initiatives. This allocation demonstrates the organization's commitment to prudent financial management and preparedness for unforeseen challenges.

Each year presents unique challenges. Our staff, volunteers, and board, along with community support, ensure that our organization remains capable of delivering its programs to those in need. This would not be possible without your assistance.

Thank you,

A handwritten signature in black ink, appearing to read 'Shannon Troke', written over a circular stamp or seal.

Shannon Troke, CPA CA
Treasurer, Edmonton Meals on Wheels

Financials

Summarized Statement of Financial Position as at December 31

| | 2024 | 2023 |
|---|---------------------|---------------------|
| ASSETS | | |
| Cash | \$ 15,876 | \$ 133,190 |
| Accounts receivable, inventories and prepaid expenses | 234,022 | 211,518 |
| Long-term portfolio investments | 2,732,958 | 2,583,657 |
| Property and equipment | 793,148 | 767,251 |
| | <u>\$ 3,776,004</u> | <u>\$ 3,695,616</u> |
| LIABILITIES | | |
| Accounts payable and accruals | 100,395 | 80,888 |
| Deferred revenue | 866 | 93,485 |
| Line of credit | 75,260 | - |
| Deferred contributions related to capital assets | 281,887 | 261,201 |
| | <u>\$ 458,408</u> | <u>\$ 435,574</u> |
| NET ASSETS | | |
| Unrestricted | \$ 72,335 | \$ 19,992 |
| Internally restricted | 2,734,000 | 2,734,000 |
| Invested in capital assets | 511,261 | 506,050 |
| | <u>3,317,596</u> | <u>3,260,042</u> |
| | <u>\$ 3,776,004</u> | <u>\$ 3,695,616</u> |

Summarized Statement of Financial Position as at December 31

| | 2024 | 2023 |
|--|------------------|------------------|
| REVENUE | | |
| Meal and program fees | \$ 1,718,934 | \$ 1,315,426 |
| Donations, casino and other fundraising | 570,651 | 443,123 |
| City of Edmonton FCSS grants | 325,032 | 325,032 |
| Grants, interest and other (1) | 287,369 | 298,329 |
| | <u>2,901,986</u> | <u>2,381,910</u> |
| EXPENSES | | |
| Wages and benefits | 1,515,534 | 1,362,327 |
| Food supplies | 717,165 | 539,427 |
| Administration and other expenses (2) | 645,925 | 573,064 |
| Kitchen supplies and maintenance | 251,160 | 187,293 |
| Repairs and maintenance | 36,710 | 29,443 |
| | <u>3,166,494</u> | <u>2,691,554</u> |
| DEFICIENCY OF REVENUE BEFORE OTHER ITEM | <u>(264,508)</u> | <u>(309,644)</u> |
| OTHER INCOME (EXPENSE) | | |
| Gain on sale of property and equipment | - | 708 |
| Investment Income | 161,127 | 167,112 |
| Unrealized gain on long-term portfolio investments | 160,935 | 159,534 |
| | <u>\$ 57,554</u> | <u>\$ 17,710</u> |

EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES

(1) Includes amortization of capital contributions of \$32,254 (2023 - \$37,841)

(2) Includes amortization of \$75,394 (2023 - \$72,855)

Summarized Statement of Cash Flows Year ended December 31

| | 2024 | 2023 |
|--|------------------|------------------|
| CASH FLOWS FROM OPERATING, FINANCING AND INVESTING ACTIVITIES | | |
| Excess of revenue over expenses | \$ 57,554 | \$ 17,710 |
| Amortization and change in unrealized gains | (85,541) | (84,140) |
| Change in non-cash working capital items | (48,343) | (208,307) |
| Purchase of capital assets | (101,292) | (33,271) |
| Withdrawal of investments | 150,000 | 350,000 |
| Other items | (89,692) | (149,483) |
| NET DECREASE IN CASH | <u>(117,314)</u> | <u>(107,491)</u> |

Note 1: These summary financial statements reflect, with certain lines and numbers aggregated, the main classifications of assets, liabilities, operating results and cash flows presented in the audited financial statements but exclude all note disclosure required under Canadian accounting standards for non-for-profit organizations

Note 2: The organization's auditors, Crowe MacKay LLP, completed their audit on February 26, 2025

Supporters

Funding Partners

We are grateful to these organizations for their compassionate commitment to sustaining our efforts to feed those in need, improve food security and support healthy communities.

Arnie J. Charbonneau Foundation
ATCO EPIC
Edmonton Community Foundation
Edmonton REALTORS Community Foundation
Enbridge Pipelines
Family & Community Support Services (FCSS)
Gateway GIVES
Gibson Energy ULC
Henry Gusse Foundation
Imperial Oil
Independent Jewellers
Martin Harris Foundation
Mauders McNeil Foundation Inc
Petro-Canada CareMakers Foundation
The Stollery Charitable Foundation
The Tenaquip Foundation



Donors

Our thanks to all individual and corporate donors who enable us to deliver our meals to hundreds of people each day. This list recognizes donations of \$500 or more received in 2024.

Alberta Retired Teachers Association
Alexander, S
Andromeda Investments ULC
Armstrong, M
Ashmore, S
Bell, A
Beswatherick, W
Beulah Alliance Church
Blake, K
Boychuk, R
Brayer, D
Burton, E
Butler Family Foundation
Carroll, D
Century Casino Edmonton
Chapel of St Luke and St John
Ching, W
CN
Coble, D
Cox, K
Ellis, J
Fankhanel, A
Federated Co-operatives Limited
Fett, M
First Out Mechanic Service Ltd.
Flynn, P & J
Fry, G

Gantfoer, M
Giles, M
Gillespie, S
Grootkarzyn, P
Harlow, H
Harvey, M
Howden, W
Ingrid, R
Irving, D
JSP Photography
Keylor, K & J
Kingma Lumber Masters
Kirk, M
Kowand, S
Lund, J
MacEachern, N
Macintyre, J
MacKay, J
Mailloux, L
Maters, T
Mayne, T
McAfee, E
McCallum, T
McGurk, C
McInnes, DB
McKenzie, J
McKenzie, S

MLC Group Inc.
Moranetz, E
Murray, M
Novak, A
Osterhout, B
Pearson, L
Peden, H
Posyniak, J
Qualico
Reed, K
Russett, S
Seiler, K
Senthuran, R
Shillington, K
Sigler, L & D
Soh, J
Stratford, M
Subbarao, S
Ward, M
White, L & L
Whittaker, A
Willie, C & B
Wilson, D & V
Wolfe Pack Warriors Foundation
Wolsey, D
Yahya, A



“ The Going Home program is a great support that eases the transition home for patients who have little to no supports. It gives them an opportunity to get healthy meals delivered straight to their door.

Leslie, Covenant Health Social Worker

Partners

We recognize our partners and the many ways that they support Edmonton Meals on Wheels. They help us expand our reach, provide insight, share resources, amplify our efforts, facilitate giving, champion food security and promote community wellness.

880 CHED
 Adaptabilities
 Age Friendly Alliance
 Alberta Health Services Community Living
 Benevity
 BubbleUP Marketing
 Calvary Lutheran Church
 CanadaHelps.org
 Caregivers Alberta
 CBC Edmonton
 Central Lions Seniors Association
 Charitable Gift Funds
 Community Natural Foods
 Corus Entertainment
 Covenant Health
 CTV Edmonton
 E4C
 Edmonton Seniors Coordinating Council
 Edmonton's Primary Care Networks
 Edson Community Locations
 Elected Officials: Municipal, Provincial & Federal
 Emerald Hills Landing
 Enoch Cree Nation
 FCSS Beaver Lodge
 Fox Creek Community Locations
 George Spady Society
 Global TV Edmonton
 Griesbach Community Garden
 Impark
 Jewish Family Services

Lamont County Community Locations
 Leftovers Canada
 Longstreet Shopping Centre
 MacEwan University
 Mighty's Promise Animal Wellness Society
 Millwoods First Mennonite Church
 Mix 107.9
 NAIT
 Newcomer Centre
 NexGen Grafix
 North Edmonton Seniors Centre
 Office of the Public Guardian and Trustee
 Operation Friendship
 Paypal Giving Fund Canada
 Prince Charles Residence
 Provost Community Locations
 SAGE Seniors Association
 Save On Foods (Jasper Avenue)
 Selections
 Skills
 South East Seniors Centre
 St Albert Seniors Association
 St Andrew's Church
 Taproot
 The Tomato Food & Drink
 United Way of Alberta Capital Region
 University of Alberta Community Service-Learning
 Veterans Affairs Canada
 Wihcihaw Maskokamik Society
 Workers' Compensation Board



Edmonton Meals on Wheels

11111 103 Avenue NW
Edmonton, AB T5K 2P1

(780) 429-2020

info@emow.ca



Visit us online for updates, news,
and upcoming events at www.emow.ca