



2022-2023 Annual Report Langley Meals on Wheels

YEAR AT A GLANCE



Meal Delivery Program

2022-2023 Total Meals **53,701**

14,106 - 1 year Increase in meals

35.6% Growth

78 Volunteer Delivery Drivers

- **68,376** Driver Kilometers
- **33,800** Wellness Checks
- **412** Follow up Calls to Family
- **175** Partner Agency Referrals

What We Do Best

LMOW Kitchen and main office are located in Aldergrove within our LMOW Aldergrove community Station House

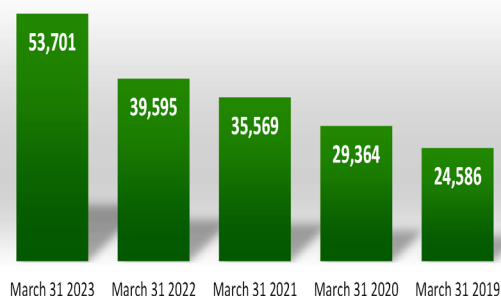
- Meals are delivered to the door Monday through Friday and frozen meals are available for weekends or extra meals
- Meals include a nutritious balance of protein, starch and vegetables and are low in sodium, sugar and fats
- With our own chef we continually develop our menu offerings and both hot and frozen meals include soup and dessert

We deliver approximately **250 Meals** daily throughout the City and Township.



LMOW has been serving fresh, wholesome meals, delivered right to your door in Langley for over 40 years. We have fresh hot meals as well as frozen options. Our caring delivery volunteers provide friendly social interaction for those living alone. We help our clients feel safe knowing that a volunteer will check on their well-being on delivery days and we will respond quickly if an emergency arises. We help people to retain independence in the comfort of their own homes.

Meals Served



A Year of Impact and growth! Our presence in the community continues to expand as does the need. Our staff and volunteers together delivered over 70,000 meals from June 2022 to July 2023.

We remain committed to growing our impact by supporting our clients through daily contact and delivery of much needed nutritional meal choices in a caring and dignified way. We are part of a working committee to extend our reach and help people living with food insecurity access to appropriate food.

Our prices continue to stay low and our subsidy and outreach available to those in need, all with the generous support of government, growers, local grocery stores, funders, grantors, and donors who support the work we do in the community and make it possible. Executive Director – Shannon Woykin

Treasurers message – Kelly Goto



What a year LMOW has had. We have seen impressive growth in our meal service as well as the addition of the Café.

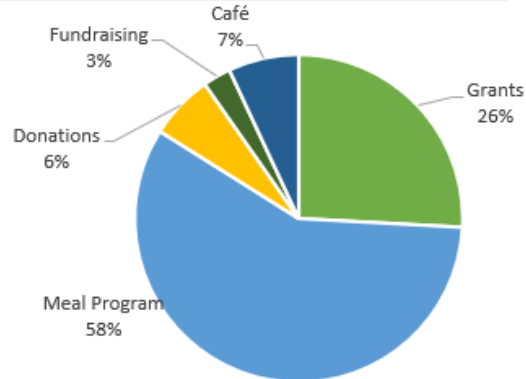
We continue to see a large portion of our revenue coming from grants which along with the generous food donations we have from our great community partners has allowed us to maintain our low prices and subsidies. With an increase of 35.6% in our meal service we also have seen that growth in revenue. A large portion of that increase has come from our partnership with TOL Strengthening Communities program.

The café has had an impressive start. With a soft open in December and regular hours starting in January we have seen a wonderful impact to our community. The café had strong revenue in it's first months and also has contributed to our donation revenue as we see our customers generously tipping to help contribute to our meal program. Along with this growth we have also seen increase in our expenses. There has been an increase in salaries and wages of 35%. With the increase in meal service and addition of the Café it was a necessary increase to keep up with our growth. It also makes us especially appreciative of the additional volunteers we have needed to keep up with the increased business. We could not do any of this without the wonderful group of volunteers that make it possible to serve our community.

We end the year with excess revenue of \$54K, the board will evaluate where to designate the funds.

We look forward to seeing continued growth in both the meal programs and the café revenues.

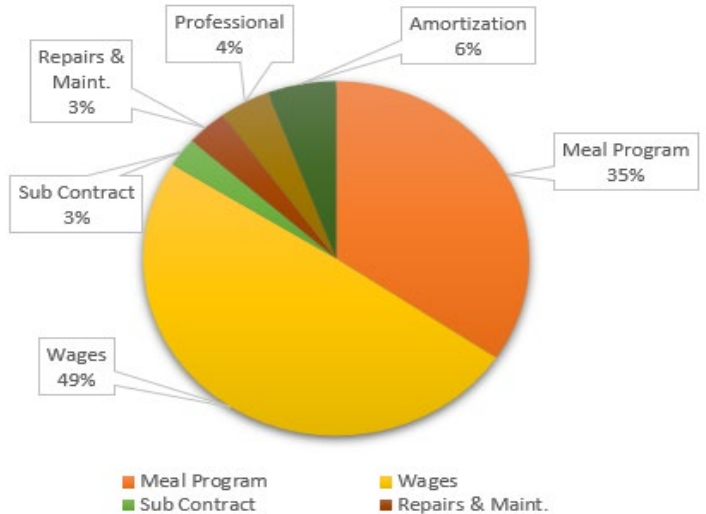
2022-2023 LMOW Revenue \$811,744



LANGLEY MEALS ON WHEELS SERVICES SOCIETY Statement of Revenues and Expenditures For the Year Ended March 31, 2023

	2023	%	2022	%
REVENUES				
Grants	\$ 209,879	25.8	\$ 338,225	51.3
Meal delivery services	471,373	58.1	267,430	40.6
Donations	51,641	6.4	36,494	5.5
Facility rental income	9,145	1.1	9,289	1.4
Boutique sales	-	-	5,660	0.9
Fundraising revenue	22,376	2.8	1,772	0.3
Café revenue	47,329	5.8	-	-
	811,743	100.0	658,870	100.0

2022-2023 LMOW Expenses \$758,170



Year End	Revenue	Cost of Goods	Operating Expenses	Net Income
2023March	\$ 811,744	\$ 159,248	\$ 597,908	\$ 54,588
2022March	\$ 658,870	\$ 174,660	\$ 437,203	\$ 47,007
2021March	\$ 418,150	\$ 166,851	\$ 223,824	\$ 27,475
2020March	\$ 322,812	\$ 159,582	\$ 176,731	-\$ 13,501
2019March	\$ 252,477	\$ 98,751	\$ 144,203	\$ 9,523

A Community Where No one is Hungry or Alone

2022-2023 Message from the Board



Your Board of Directors have been working as a team to strategically guide LMOW growth and expansion. In 2023 the Directors and Executive Director had a strategic thinking session where they set three-year strategic goals to support the Society's Mission Statement **"Delivering services to our community for all to be fed, connected and supported"**.



Chair – Deanna Horn

Our Values

Compassionate ❤ Collaborative 🤝 Community-centred 🌱 Integrity 📍 Innovation

LMOW Board of Directors

Board Chair	Deanna Horn
Vice Chair	Kathy Reddington
Treasurer	Kelly Goto
Secretary	Paul Crump
Director	Pauline Buck
Director	Dan Dente
Director	Amanda LaBoucane

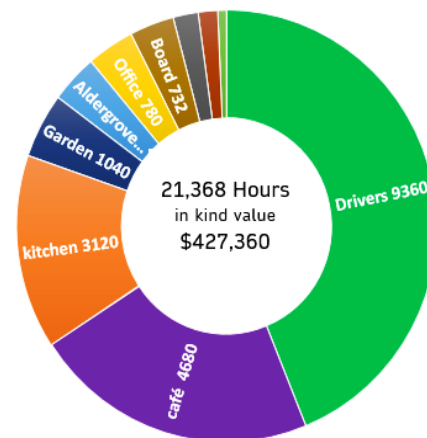
LMOW Volunteers 2022- 2023

Our caring and compassionate volunteer group has grown and includes local business, Rotarians, Firefighters, students, retired health professionals, community members, seniors, and pastors.

Over 200 Volunteers for 2022-2023

- 78 Drivers
- 19 Kitchen & 6 Sealers
- 10 Meal Packers
- 33 Café Volunteers
- 15 Office
- 5 Aldergrove Helpers
- 8 Board Members
- 16 Food & Friends
- 4 Healthy Living Bag Organizers
- students & On call community volunteers

2022-2023 Volunteer Hours - Total 21,368



■ Drivers ■ Kitchen ■ Café ■ Office ■ Aldergrove ■ HLB ■ Garden ■ F&F's ■ Students ■ Board

Neighbourhood Hub- Strategic Partnerships

Let's Talk Food	Starting Point	Sources
Spoons on Fire	Ihart	LEPS
Langley School	Ministry of CS	Aldergrove Legion
Steppingstone	Aldergrove Food Bank	Encompass
Lookout	LFAS	Aldergrove Seniors



LMOW Programs – Delivering services to our community for all to be fed, connected, and supported

In addition to our meal delivery program, we also reach our community through programs like Food & Friends and the Healthy Living Bag, as well as programs in partnership with other community organizations.

New programs:

- **Spoons on Fire** – an intergenerational program that repurposes “ugly” fruit and vegetables into locally made jams, salsas, chutneys and soups.
- **Let’s talk food** – a group working towards a healthy, sustainable food future and to develop an action plan to enhance community food security.
- **Summer backpack program supporting families** in partnership with Aldergrove Rotary.
- **Tech Talk** – One on One support with our trained tech volunteers.

KEY STRATEGIES

Increase community awareness of LMOW programs and services.

Expand and develop relationships with local government.

Continue to develop new partnerships that align with our vision and mission.

Continue to explore joint programs / opportunities that include intergenerational, multicultural, and indigenous.

Aldergrove Community Station House



The Aldergrove Neighbourhood House incorporates the Community Food Centre model and a Neighborhood House model under one roof offering ~services for families, children, youth and seniors.

- Our **Firehouse Cafe** is now open Monday-Friday 9:00am-2:00pm - coffee bar, fresh baked goods, soup, and sandwiches served daily
- LMOW frozen meals available for purchase to take away
- Cafe is run daily by a team of **33 LMOW volunteers!**

Since Building opening....Kitchen has served up

- 12,602 Café item sales
- 18,754 Community Outreach Meals
- 574 Home from the hospital Meals (Oct – Mar)

Partner Agency providing service from within ACSH

- Sources Food Bank serving 130 people monthly
- Steppingstone
- Ministry of Community Services



Food and Friends

Seniors (55+) are invited to monthly luncheons along with guest speakers to socialize and learn. Current locations are Brookwood and Fort Langley.

- **928 LUNCHEONS**



Home From the Hospital

We provide meals for those at-risk coming home after a stay at Langley hospital. This program provides 10 days of free meal delivery, along with the watchful eye of our caring volunteers

- **574 MEALS**



Healthy Living Bags

The Healthy Living Bag contains a variety of fresh fruit and vegetables. Delivered or Pickup on the 1st Tuesday of every month. In partnership with City of Langley.

- **1356 BAGS**



Program for getting vital medical information and health care wishes to emergency responders and physicians. Our volunteers help complete MedWatch forms and document Advance Care Planning wishes.