



Annual Report 2016

Burnaby Meals on Wheels promotes health and independence by providing nutritious, local and affordable food to people who--for physical, mental-health, social or economic reasons--are unable to meet their dietary needs.

Message from the Executive Director

At the June 8th, 2016, Burnaby Food Matters: Food for Today & Food for the Future forum (hosted by Burnaby Food First with the support of Burnaby Meals on Wheels), the husband and son of the hereditary chief of the Kwantlen First Nation, Kevin Kelly and Michael Gabriel Kelly spoke about how food connects us to nature, our culture and each other. They reflected on how for thousands of years our land has hosted community dinners like Potlatches and Salmon BBQs; and how First Nations' hunting, fishing and gathering practices focus on "taking only as many as is needed and never wasting any".

While Burnaby Meals on Wheels continues to deliver food to those who are unable to prepare meals for themselves, we have tried to incorporate these lessons into all we do. We use local, nutritious ingredients; provide cultural- and age-appropriate meals; and limit the environmental impact of our packaging by using reusable insulation and compostable containers. As well, our friendly volunteers provide a social connection for some who might not see anyone else that day.

Burnaby Meals on Wheels continues to support those who are or are at risk of homelessness through our Homeless Nutritional Outreach program. In addition, on Dec 8th, 2016 we provided a hot turkey lunch for over 152 people at the Society to End Homelessness in Burnaby's Outreach Christmas event.

We continue to test the Let's Do Lunch program which has volunteers enjoy lunch with a client, share stories and tips about health eating, and make referrals to community supports.

All of our programs are possible thanks to the dedication and compassion of our volunteers. You selflessly take on delivering meals, cleaning boxes, serving on the Board of Directors and driving to our caterers. With my deepest appreciation, I would like to thank the volunteers for all the ways you are making a difference in people's lives.

Burnaby Meals on Wheels is looking to the future with innovative new approaches to delivering food for a healthy and independent life. As we move forward, it is important to us that we honour the wisdom of Coast Salish Peoples (particularly the Musqueam, Sto:lo, Tsleil Waututh and Skwxwú7mesh First Nations—on whose ancestral, traditional and unceded territories we live) by reducing our environmental impact and exploring how to connect with each other through our food choices.


Sincerely,
Stephen D'Souza

Board of Directors

Evelyn Gut | Cynthia Hendrix, Vice- Chair | Larry Ho | John Lam, Treasurer |
David Pereira | Mehreen Poonja | Rahim Rajan, Chairperson | Yashina Jiwa

Volunteers

Allan Fan | Arnold Efting | Bob Rogers | Brent Spriensma | Cara Ng | Cary deBest | Chris Siggers | Codi Melnyk | Denise Mauro |
Edmond Lo | Georgina Chan | Groven Ng | Homi Italia | James Fan | Jane Aiers | Janice Ross | Jenny Wong | Jorgen Christensen |
Ka Yi "Florence" Wong | Katrina Hogg | Kavindra Parmar | Kori Leung | Lindsay Nikkel | Liz Froese | Lynn Bradley | Mohinder
Parmar | Nick Meyer | Nick Moroso | Patty Salem | Simon Van der loo | Stephen Ku | Tania Perizzolo | Ting Hoo "Alan" Chow |
Trudy Meyer | volunteers with posAbilities and L'Arche



2055 Rosser Avenue
Burnaby, BC V5C 0H1
604-299-5754
www.MealsOnWheels-Burnaby.com

Program Information

Home Delivery Meal

No. of clients served	161
Total no. of meals delivered	14,340
Western Meals	8,325
Chinese Meals	5,322
Bag Lunches & Desserts	693
Value of meals delivered	\$89,556

Homeless Nutritional Outreach

No. of bananas (approximate)	1,250
Litres of Milk	400
Cups of Coffee	10,000
Kilograms of Sugar	112
Total no. of meals delivered	320
Homeless Outreach Center	120
Transitional Housing	200

Let's Do Lunch

No. of clients served	41
No. of lunch visits	232

Burnaby Food First Forum, Events & Workshops

Attendees at Food Matters: Food for Today and Food for Tomorrow forum on June 8th	139
Post-Forum events	4
Total attendees at Post-Forum events	128
Free, hands-on food workshops	4
Topics included healthy, affordable weeknight meals and container gardening	
Participants at workshops	66

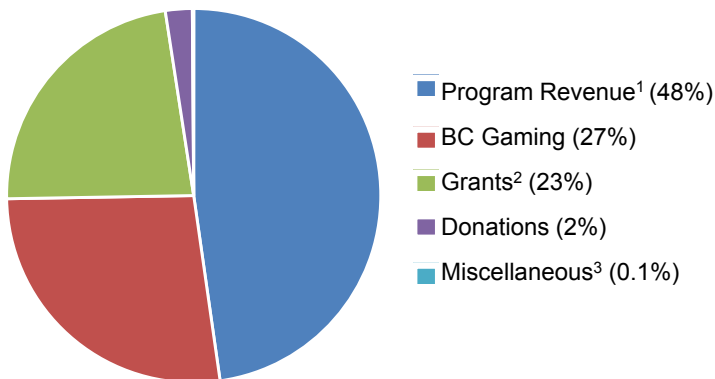
Major Donors & Partners

Fraser Health Authority | Province of British Columbia | City of Burnaby | Chevron Canada | Decorus Development Gateway Casion & Entertainment | United Way of the Lower Mainland | Team TELUS Charitable Giving | Burnaby Community Services Mava Foods | S.U.C.C.E.S.S. Simon K.Y. Lee Seniors Care Home | Burnaby Food First | Progressive Housing Society | Lookout Society Burnaby Family Life | Burnaby Neighbourhood House | Burnaby Association for Community Inclusion | Burnaby Seniors Outreach MOSAIC | YMCA of Greater Vancouver | the Government of Canada | In memory of Vera Jones | and donations from the community

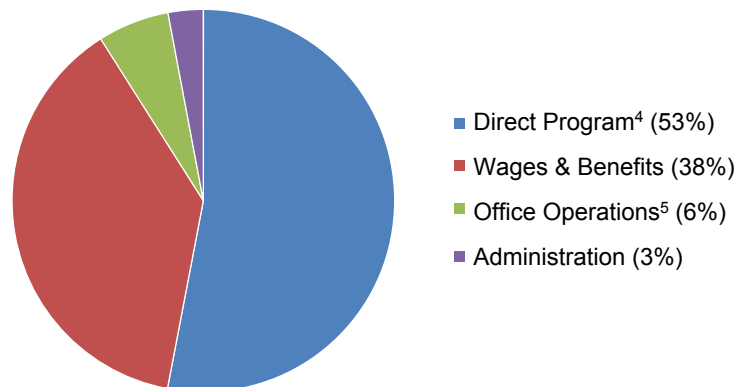
Financial Highlights

- Total assets of the society were \$82,246 as of December 31, 2016, compared to \$69,283 in 2015.
- Total Revenue for 2016 was \$230,181 while expenses were \$218,379 with a net profit of \$11,802, compared to a deficit of \$7,663 in 2015.
- End of the year cash was \$58,073, up from \$30,931 at the beginning of the year.

Revenue



Expenses



1 Program Revenue includes program fees and Fraser Health Authority funding per client.

2 Grants are received from the City of Burnaby, Chevron and Vancity Community Grant.

3 Miscellaneous includes interest income and misc. income.

4 Direct Program Expenses include meal expenses, volunteer expenses, vehicle, advertising, bad debts, and Food First.

5 Office Operations include profession fees & support, rent & security, insurance, equipment and fees.

This information is a summary only and unaudited. For a complete set of financial statements readers should refer to the Financial Statements prepared by Cran & Company CGAs, for the year ended December 31st, 2016. Copies are available upon request.

2055 Rosser Avenue
Burnaby, BC V5C 0H1
604-299-5754

www.MealsOnWheels-Burnaby.com