



WELCOME TO OUR NEW KITCHEN

New Beginnings



Meals on Wheels of Fredericton Inc. is rooted in a mission of "providing nutritious meals to assist all towards a healthy and independent lifestyle." In January 2018, we

embarked on a slightly expanded mission, but with an unchanged vision.

For many years, as the demand for our services grew and it became harder to find meal sources that could handle the growth, the board and staff of Meals on Wheels speculated on the possibility of opening our own kitchen. Other Meals on Wheels operations have done it, and we knew it would give us greater flexibility in adapting to changes in demand, and in controlling the quality of our meals. It seemed like a massive undertaking, however, until late last year when a vacant kitchen became available for lease, complete with all the equipment we could ask for. The timing was perfect, the price was reasonable, and the risk involved seemed minimal, so we decided to grab the opportunity.

At the beginning of January, we took possession of the kitchen and began a six-month trial period to determine if this was a viable plan. Office staff and board members pitched in to prepare the



space, a cook was hired, endless details were researched and provided for, and on January 18, we prepared our first meals. We began with only one route, and have gradually added six more, and now we are now preparing approximately 70 meals per day, five days a week. Our clients and drivers seem happy, staff and board

members are excited, and the verdict seems to be that the kitchen is a success! We are now ready to commit to making the kitchen a permanent part of our organization and are in the process of making plans for further expansion of its operation.



We remain very grateful for the partnerships we have with the Dr. Everett Chalmers Regional Hospital and with York Care Centre who have served us so well in the past and continue to prepare about 75% of our monthly meal requirements. We are also thankful for their help and support as we ventured into this enterprise. Many thanks of course to all of our staff and volunteers who have helped make this project possible, and to our clients who have been so patient and helpful with their feedback as we worked through our initial growing pains.

If you would like to learn more about the new kitchen and our plans for its future, please consider joining us at our Annual General Meeting on Tuesday, June 19 (details on the back page), at which time we will have a special presentation. Our success is the community's success. With the ongoing support of our community, our wonderful volunteers, our dedicated staff and Board of Directors, we look forward to the next half of 2018 with optimism. With our best wishes to you all for a wonderful summer!

- Board President Joan McDaniel & Executive Director Betty Daniels.

Inside this issue:	
New Kitchen	1-4
Volunteers	5
Community Support	6
Resource Guide	7
Wheels to Meals	8

TEAM EFFORT

All Hands on Deck



Board President Joan McDaniel hard at work cleaning some equipment.



Kristen & Wendy from local business Priority taking their meals out on their Adopt-a-Route, every Thursday!



Volunteer coordinator Debbie doing some touch up painting.



Wheels to Meals cook Helen helping get us started in our kitchen.



Some of the delicious food the kitchen staff cooked up!



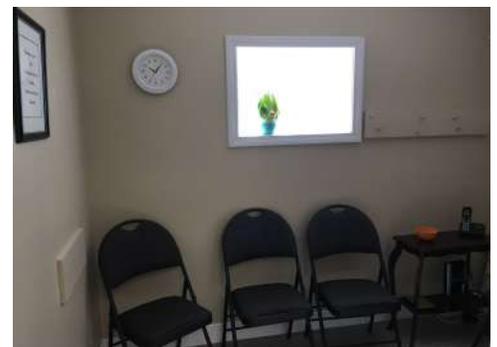
New office staff member Sherri also rolled up her sleeves to clean the new kitchen.



Chief cook Kathy serving up lunch from our new steam table. This ensures meals stay nice and hot before delivery.



Some of the kitchen supplies we've started to acquire. It's been quite the process!



This room was transformed from a drab office to a comfy lounge for our volunteers to socialize in.

TEAM EFFORT

All Hands on Deck



Our beautiful new steam table from Pat Mills of Carrefour communautaire Beausoleil in Miramichi makes meal assembly a breeze!



Marie-Eve and Betty preparing salads. They could do this in their sleep now!



Helen showing volunteer and board member Dave the fancy new dishwasher!



Debbie packaging up some delicious lemon tarts. These are one of the most popular desserts on the menu!



Thanks again to the Y Service Club for helping us acquire new meal bags—we are up to 19 routes a day now!



Chief Cook Kathy and Co-op student Marie-Eve working the assembly line.



It was all hands on deck when we acquired our new kitchen. Board member Frankie came to help clean and paint our new space.



We are preparing over 30 cups of soup each day. That's a lot of soup in the course of a week!



Snack corner. Stop by for a biscuit or a coffee! We love being able to dote on our hardworking volunteers!

ACKNOWLEDGEMENTS



As of January 2018, we have begun preparing our own meals. This new adventure has been a long time in the making and quite the learning process for us. We would like to thank Jason LeJeune of Locavore for his help in initiating this project. Originally Locavore conducted a pilot project with us with the idea of becoming a meal source, but when they decided to close their doors, Jason made it possible to take over their kitchen and equipment.



Kitchen Cook Kathy

With the help of Helen, our wonderful Wheels to Meals luncheon cook, we set up our own 3 week menu selections and hired a new cook, Kathy. Kathy has cooked in nursing home kitchens and is a wonderful asset. Kathy says "the last 6 months have been crazy, extremely busy and fun! But it works! I couldn't ask for a better bunch of people to work with and I'm looking forward to the next 6 months!".

We would also like to thank CANB (The Co-operative Agri-food New Brunswick), a non-profit aimed at connecting New Brunswickers with local produce by distributing and marketing NB products to wholesale and retail outlets and to institutions. They also helped us to secure the kitchen equipment and provided guidance in getting started.



MEET THE TEAM

We are Growing!



Co-op Student Marie-Eve came to us for a high school co-op work term and we would have been lost without her! Marie-Eve helps assemble salads, desserts and pack the meal bags. She is graduating from grade 12 and we wish her well and are going to miss her!



SEED Summer Student Taylor is a UNB student studying Kinesiology. She will be working at the kitchen for 14 weeks helping with making salad, dessert, dishes and some administrative tasks.



Kitchen Helper Ana is our newest employee and serves as a sous chef to Kathy. She also helps keep our executive director out of the kitchen! With her help, the kitchen is shipshape and running efficiently.



SEED Summer Student Megan is a STU student studying Criminology. She will be working at the office for 14 weeks helping prepare menus and assist staff with client surveys.

VOLUNTEER CORNER

Start 'em young!



REMAX East Coast Elite Realtors Misty Myers and Michelle Roy have been volunteering with Meals on Wheels since 2015. For the last 3 years they have been heading out every week to deliver meals to a dozen clients on the north side. Any time there's a break from school, Michelle brings her daughter along to help deliver. Michelle says: "The Meals on Wheels clients brighten our day as much we brighten theirs. It's a joy to deliver with such an amazing



organization and feel like you're making a difference in people's lives. We would encourage anyone who can spare one lunch hour a week to volunteer!"

- Misty Myers & Michelle Roy

POLICE ADOPT A ROUTE

Donate your Lunch Hour



We now have a 3rd Adopt-a-Route Sponsor—members of the City of Fredericton Police Force. They join the ranks of Accreon and Priority. This program sees a group of staff members alternating between delivering, usually in pairs. An update from the FPF: "It's been going great so far and we thank all the members for donating their lunch hour. The Fredericton Police Force is proud to support Meals on Wheels and the Adopt-A-Route Program. A number of our members, volunteers, and their families have signed up to support this important service of delivering meals to seniors, individuals with disabilities, and those recovering from illness, surgery or injury in our community. This partnership is just another way to serve the citizens of Fredericton, and we are encouraging other organizations to get involved. Visit <https://frederictonmealsonwheels.ca/> for more information."



COMMUNITY KUDOS



On April 11th we had our 2nd annual Dolan's Fundraiser. Thank you to our wonderful organizer Phyllis for laying great plans, and to our fundraising committee for acquiring great silent auction items. A fun night was had by all the volunteers who got to socialize and have a fun night out. We are very thankful to Dolan's for hosting us again. We'd also like to thank 8Track Mind for donating their time and putting on an amazing upbeat show!



Santa's Elves are hard at work in the shop already! Elm City Quilters' Guild are preparing some items for Christmas time. Year after year these hardworking volunteers help fill "stockings" with handmade Christmas crafts. Thank you for all that you do!



Thank you to STORTEC for their donation in May. They run a cool workshop in Hanwell and can build anything you can imagine and love to give back to the community.



The United Way organizes a "Day of Caring" and this year over 200 volunteers helped complete over 20 projects around the city. Thank you to NBCC for sending some of their employees to help us with odd jobs around our new kitchen.



Volunteers Jill & Dave at the Spring into Wellness event at Leo Hayes High School. They are always willing to help out wherever needed.



We have started a "Company of the Month" fundraising initiative. A local company provides a product or service or a donation that supports our organization. A big shout out to Richelle Plumstead for being our sponsor of the month for April. She donated a portion of her home sales to Meals on Wheels. One of the home buyers even made a donation after hearing about the initiative!



Skillsft was our company of the month for January. Thank you for the donation!

RESOURCE GUIDE

PRIVATE DUTY

Home Health Care

Individual care the way you require it



- Personal Care Support
- Incontinence Specialist and Product Supplier
- Dementia Care, Respite Care Relief
- Emotional, behavioural, social supports
- Restorative Care and Activation Therapy
- In Home Medical and Safety Sales

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Community Food Smart is a bulk food buying club that is open to all individuals and families keen on purchasing quality fruits and vegetables at affordable prices, sourced from local farmers when possible. They operate through a network of partners throughout the community who collect orders, provide volunteers, and distribute food

bags to their members each month. Orders are placed on the 1st Thursday of each month, and are available for pick up on the 2nd Thursday.

Community Food Smart believes that access to affordable, nutritious food is a right for all citizens. Members can place an order for one or two large produce bags a month. The price of a food bag is **\$15**. Standard items include apples, bananas, oranges, potatoes, onions and carrots. The rest of the items will vary each month.

There are numerous distribution centers around the city. For more information call the Meals on Wheels office at **458-9482** to be put in touch with the location nearest to you. They serve: Nackawic, Chipman, Minto, Kingsclear, Fredericton Junction, & Stanley as well.

<https://www.communityfoodsmart.com/> .





SEE YOU AGAIN ON SEPTEMBER 18!

Another season comes to an end. Thank you to all of the wonderful volunteers who show up week after week to help carry out the Wheels to Meals luncheon. They pick up groceries, prepare the vegetables, set the tables - a true team effort! If you are interested in attending our dine-out seniors luncheon, we will be starting up again on **September 18th**.



Meal cost is **\$7.50**, gift certificates and transportation is available and venue is accessible. Please call **458-9482** for more information. Left: Barb & Cook Helen. Right: the Fredericton Lioness volunteers Lillian, Lydia and Barb.



Below, the "Band of Cougars" performed on their ukuleles and sang a few classic tunes and they were awesome!



**ANNUAL GENERAL
MEETING**

TUESDAY • JUNE 19TH, 2018 • 5PM
81 DUNCAN LN (ST. ANNE'S COURT)
LIGHT REFRESHMENTS TO BE SERVED
RSVP 458-9482

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