

OUR IMPACT - 2023

Calgary Meals on Wheels

We improve the food security and well-being of our community by preparing and delivering nutritious, quality, and affordable meals.

1,124,389

... total number of meals made in 2023

School Programs

727,061	meals in 2023
4,200	Approx # students supported daily throughout the school year
66	% of our meals feed kids
50	Total # schools

Nourishing young minds for a brighter future

Home Delivery Programs

290,403	meals in 2023
2,309	unique clients served
476	hospital referrals
44	% of clients receive special diets

Improving the health & well-being of individuals & families

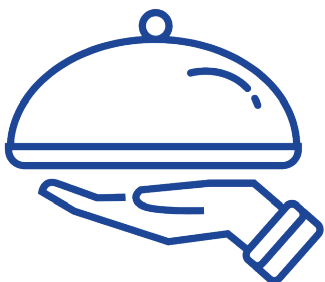
Community Programs

106,925	meals in 2023
33	nonprofits, agencies and groups served
6	regional partners

Fueling the well-being of our rural communities

What our clients say:

- 99% report they now eat regularly and have access to food that is healthier and more nutritious
- 99% report that they feel cared about by volunteers and staff
- 99% are satisfied with our overall service & 98% of our clients would recommend our service
- 96% report that they can remain independent in their home and/or active in their community
- 95% report they now feel healthier and have more energy
- 91% report that they worry less about covering their monthly household expenses



5,000

... total number of meals made per day

“My first week of meals when I was discharged from the hospital was so helpful for my recovery”

Volunteers

Our volunteers play an essential role by delivering meals and community connection to hundreds of clients throughout our city each day.

429

active volunteers



37,710

hours donated

2,000

greeting cards delivered*

1,469

flower bouquets delivered**

312

Christmas gifts delivered***

283

Birthday gifts delivered***

64

daily delivery routes



- * in partnership with local schools and Letters Against Isolation
- ** in partnership with Florists Supply Ltd.
- *** in partnership with Seniors Secret Service

Funding

Despite sharp increases in costs for gas and groceries, we did not increase meal fees to ensure nutritious and quality meals for all who need them.



- Estates
- Events
- Corporations
- Individuals & Campaigns
- Foundations
- Government

\$5 per day provides a nutritious meal for someone in need.

"I deliver to another long-time client who worked as a medic with the Armed Forces. He told me that the horrors of war left him with severe PTSD. He is on so many medications to help him cope with this. One sunny day during my delivery route I remarked what a beautiful day it was and asked him if he sometimes goes outside as this is a good way to lift one's spirits. He said that his balance is not very great but that he does have a cart that he could use to help him with this. I suggested that maybe he could try even going a small distance at a time to help him make this a daily habit. I said if you take "baby steps" then you will most likely stick with this.

One day last fall while taking my mom out for a walk, I couldn't believe my eyes when we encountered this client also out for a walk. He was so thrilled to be able to meet my mom and told me that because of my advice of taking "baby steps", he is now trying to make this more of a regular habit and says that his mental well-being is so much better because of it. Wow that had such a profound effect on me!"

- Calgary Meals on Wheels Volunteer