

FOOD FOR THOUGHT

A Monthly Newsletter from East York Meals on Wheels

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Our Incredible
Volunteers**

Halal MOW

**Program
Updates**

**East York
Meals on Wheels**

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A Message From Our Executive Director...

How do institutions adapt to meet a pressing need of the public? Typically, this change is slow and lagging when the demand for change has already been overwhelming for quite some time. So many publicly funded institutions have been slow to adapt and to ensure that their services are inclusive. It is for this reason we are pleased to announce that our NEW Halal Meals on Wheels program has officially launched, and the demand has been booming. This collaborative project has been funded to address a growing need for healthy halal meals among the most vulnerable members of the Muslim community here in East York.

The outpouring of support for the initiative is very encouraging and leaves us feeling optimistic that this project will be a success. Presently, meals are free for those who qualify; however, the greater public will soon have the option to purchase these tasty meals at an affordable price in October. When community agencies work together, anything is possible, and results are outstanding!!!

EYMOW is also very proud to be working with BikeBrigade, a volunteer cyclist organization that stepped up during the pandemic to mobilize food resources to those in need. We are very excited to see what the future holds. There are more updates to come in September regarding the reopening of our Diner's Club program. We thank you for your patience while we plan for a safe re-opening. A big THANK YOU to our supporters!

Stay tuned and stay safe everyone!

-Adriano Murarotto, MSW RSW



Our Heroic Volunteers

In the spirit of gratitude, we are regularly showcasing stories of some of our most dedicated volunteers who have worked through the COVID-19 crisis to continue supporting our team and clients alike.

Celebrating Over 25 Years of Service:



Jo-Anne Beer



Jo-Anne Beer has been a longstanding volunteer at EYMOW since 1995. Despite her busy work schedule, Jo-Anne wanted to volunteer on the weekends in her community. Since EYMOW operates on Sunday, she thought what a great place to start.

Jo-Anne's husband, Ross, would later join EYMOW in 2006 and both became a permanent fixture on our weekly roster. Not only do they volunteer for Meals on Wheels, but Jo-Anne has also been a big help in administration and even served on the EYMOW board of directors.

Her favourite part about volunteering for EYMOW is meeting people who are kind, appreciative, and excited to receive a nutritious hot meal at their door. She also gets to exercise in the fresh air which is a big plus.

"This is a great opportunity to meet your community. This service has been invaluable to those who aren't able to leave their homes, especially during the pandemic. It only takes a couple of hours and gives you a feeling of satisfaction knowing you are helping your community," Jo-Anne says.

As of this July, Jo-Anne and Ross Beer have both retired from their volunteer position at EYMOW. Thank you, Jo-Anne and Ross, for your unwavering commitment and hard work! Volunteers like you are hard to come by these days and we are eternally grateful for the time you have given us.



Halal Meals on Wheels Launch Event

Members of the community gathered (in-person) at the Thorncliffe Hub on July 26th to celebrate the launch of our new Halal Meals on Wheels program. The event was sponsored by HalalMeals and Kericho Gold Tea. Both provided copious amounts of samples for our attendees. EYMOW and TNO staff have been collaborating for several months and have brought in over \$35000 in funding! This funding will be used to purchase meals and end hunger amongst the community's most vulnerable. There are over 40 clients registered and first deliveries occurred on Tuesday July 27th, 2021.



Volunteers Urgently Required!

Volunteer Meals on Wheels Drivers Needed

Our Meals on Wheels program needs your help! If you are a driver with access to a vehicle, between 11:00am - 1:00pm, Monday - Friday, or, 2:00pm - 4:00pm, Tuesdays and Thursdays, please contact:

Volunteer@eastyorkmealsonwheels.org

or, apply online:

<https://www.eastyorkmealsonwheels.org/volunteer-application>



Halal Meals on Wheels

Let us do the cooking!

As of July 27th, EYMOW and TNO will begin delivering tasty, chef made South Asian and Middle Eastern, Halal and Vegetarian meals for FREE to help address the urgent need to end hunger amongst the most vulnerable residents in the Thorncliffe community. This 3 month pilot project is in collaboration with TNO and HalalMeals. This pilot is funded in part by the Ontario Community Support Association (OCSA).

Halal meals delivered to your door

Meals are delivered on Tuesdays and Thursdays between 2:00pm & 4:00pm, (statutory holidays included). We rotate our menu to ensure that a different meal is served every week. All of our meals are paired with rice or a naan/roti on the side. Portion sizes are generous, and freshness is guaranteed by our team.

Find out if you qualify for free meals

If you are living in East York, Muslim, and either a senior, new mother, live with a disability, or have difficulty in cooking meals, call us at 416-424-3322 to sign up for Halal MOW today! We understand that cost is always a concern so we have fundraised to offer these meals for FREE for this 3 month pilot only. Conditions may apply. Call our office for more details. We are hoping to expand this program to include other areas of East York in the fall.

In Partnership with:



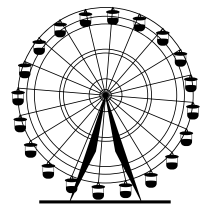
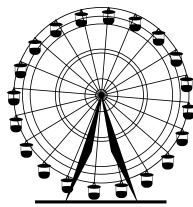
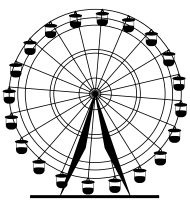
Save The Date

VOLUNTEER APPRECIATION CEREMONY

East York Meals on Wheels will be hosting a volunteer appreciation event just prior to our annual general meeting on **September 27th @ 5:00pm**. We hope that weather permitting, we can host an outdoor bbq event, along with an awards ceremony! Volunteers who will be receiving a service award will be notified in advance. We look forward to seeing you all and feel free to stay for the AGM.

ANNUAL GENERAL MEETING

East York Meals on Wheels will be hosting an Annual General Meeting (AGM) on September 27th @ 7:00pm. Conditions permitting, the event will be held in-person outside the EYMOW office. We welcome you to join us!



Donate, Volunteer, Host an Event!

HELP SUPPORT OUR MISSION

Contribute to EYMOW!

I would like to become a member of EYMOW (\$25 annual fee)
I wish to make a donation to support the work of the agency.

Here is my donation of \$200 \$100 \$75 \$50 \$25 ____

I have enclosed a cheque

I prefer to charge my donation to Visa Mastercard

Card number _____ Expiry date ____/____

Signature _____

Name _____ Address _____

Phone Number _____

Thank you for your support!



Staff

Adriano Murarotto MSW RSW,
Executive Director
Jillian Rago
Program and Administrative
Assistant
Canny Wu,
Volunteer & Database
Coordinator
Mary Skwarek,
Diners Club Coordinator
(on leave)
Dawit Tadesse, BSW, RSW
Social Worker
Amber Wollen,
Meals on Wheels Coordinator
Rosemary Scott,
Sunday & Holiday Coordinator
Laura Bellantone,
Summer Student

Board of Directors

Donald Wallace, President
Michelle Broom, Vice-President
Thomas Moores,
Secretary-Treasurer
Stacy Beach
Melissa Chin
Tameeza Dhanani
Justin Safayeni
Mat Savulescu
Director Emeritus:
Carl Peterson
Honorary Life Member:
Alan Redway

Our Partners:



About Us!

East York Meals on Wheels (EYMOW) is a not-for-profit community service agency providing good food and social support through caring volunteers to enhance the well-being of East York residents. Founded in 1969, the agency is funded by client fees, memberships, donations, bequests, the Toronto Central LHIN, Ontario Community Support Association and Toronto Community Services and is a federally registered charity.

EYMOW is a member of Imagine Canada, Ontario Community Support Association, Volunteer Centre of Toronto and East Toronto Health Partners (ETHP) Ontario Health Team.

Registered Charity Number #2913 9366 RR0001



@eymealsonwheels



Contact Us:

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