

# FOOD FOR THOUGHT

*A Monthly Newsletter From East York Meals on Wheels*

*In This Issue...*

**Highlighting  
Our Incredible  
Team**

**Summer  
Fundraiser**

**Special  
Announcement**

**East York  
Meals on Wheels**

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## A Message From Our Team

We are officially in July, bringing in the dog days of summer. We hope everyone enjoys the sunshine and warm weather while staying cool!

Happy Canada Day to everyone in the East York Community! July also hosts Muharram, which is the Islamic New Year. Muharram Mubarak to our East York Muslim community!

We are happy to announce this month that we have officially relocated to our new office at **66 Overlea Blvd, Unit 15!** Please take a look inside for more information.

We wanted to inform our clients of a **price increase** that will take effect on **September 1st, 2023**. We know we are living through rising inflation and the difficulty of putting food on the table. We'd like to give you as much notice as possible and the opportunity to contact us if you'd like to inquire about the subsidy program.

We have some changes to our team happening this month. First, we have said goodbye to our wonderful staff member Meghann whom we will miss, but we are bringing back our summer student Laura who will help out for the summer! We also welcome our former volunteer, Shakeel, who will join our team as our Meal Delivery Driver.

EYMOW is excited to share more about our new space and our summer fundraiser! Our community hub will allow us to introduce the new pay-it-forward Café & Food Market. Please see the newsletter for more information on how you can support this initiative and donate.

The team here at EYMOW wishes you all good health and happiness for July and always!

# Our Volunteer and Employee Spotlight!

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

Shakeel joined East York Meals on Wheels in April 2023 as a dedicated volunteer, and we are thrilled to announce that he has now become an official part-time delivery driver as of June!

*Thank you!*



**Shakeel Ahmed**

Shakeel shared with us that it has always been his dream to be a part of our organization. His passion for serving the community and making a difference in the lives of others is truly inspiring. As a father to a 32-year-old son with cerebral palsy, Shakeel has been a long-term advocate for disability rights. He is the president of the Thorncliffe Park Autism Support Network, where he strives to make the community more accessible for children with autism and other neurodevelopmental disorders. His diverse experiences and deep commitment to community work make him an invaluable addition to our team. We are grateful to have him on board!

Our amazing Admin and Client Services Coordinator, Meghann's last day at EYMOW, was June 29th. Our clients and team will miss her kindness, humour, and dedication to providing excellent customer service.

While at EYMOW, Meghann expanded our Diners Club program to reach pre-pandemic levels, elevated our social media accounts and expanded our reach to the community, and provided exceptional support to the management and EYMOW team.

While we are sad to see her go, we know she will shine and excel in whatever professional pursuits come her way! Thank you, Meghann, for your contributions to EYMOW, and we wish you all the best!

*Farewell!*



**Meghann Fahey**



# Diners Club Information

EYMOW would like to welcome our summer student Laura back for another summer! Laura will run the Diners Club and assist the EYMOW team with administrative tasks. This is Laura's third summer working with us, and we are so grateful to have her back! If you haven't met or spoken with Laura, expect to speak with her on the phone when you call our office or see her at Diners Club this month.



Laura Bellantone

## DINERS CLUB JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04 Afghan Cuisine	05 Eggsmart	06	07
10	11 Halibut House	12	13 Quarry Cafe	14
17	18 Swiss Chalet	19 Longos	20	21
24	25 Rise and Dine	26 Virtual Speaker	27 Halibut House	28
03	31	01	02	03

### REMINDER

Our lunches will be held from 12:00-1:00 pm.

Lunch will cost \$12 plus a tip. The recommended tip amount is \$3 if the service was good.

**NEW!** All virtual programming is free for participants and will run from 12:00 pm to 1:30 pm. Members can also join this programming by coming in person to our office.





# Fee Increase 2023

We are informing our community that our fees will increase effective **September 1st, 2023**.

Our operations have been directly impacted by inflation and the associated rise in the cost of food for several years now, and we have tried to hold off on passing an increase in cost to our clients for as long as possible. Our last price increase was in September 2021.

Given our status as a small not-for-profit organization that relies on client fees, donations, grants, and bequests, we are unfortunately required to increase our pricing.

Be assured that in operating, we are not looking to profit in ways that benefit anyone other than the communities we work alongside. We are committed to keeping pricing affordable to our clients.

We are aware of the pressure of rising costs, and unfortunately are not immune to the same pressures as a food service agency. We're here to help. If you wish to inquire about our subsidy process and requirements, don't hesitate to get in touch with us at 416-424-3322.

## New Pricing Structure

MEALS	CURRENT PRICE	NEW PRICE
<b>Bridgepoint</b>		
Hot Meal	\$6.95	\$7.00
Hot Meal w/ Extra Portion	\$7.91	\$7.91
Milk	\$0.75	\$0.99
Chinese	\$6.95	\$7.00
<b>Halal Meals</b>	\$0	\$7.00
<b>Frozen Meals</b>		
Frozen Meal (incl. side) 5+5	\$37.50	\$42.00
Frozen 7 entrée pack	\$38.71	\$43.35
Frozen Entrée Only	\$5.75	\$6.56
Dessert/Soup	\$2.00	\$2.24
<b>Diners Club</b>	\$12.00	\$14.00

# Atten: Donors! Summer Fundraiser



As East York Meals on Wheels (EYMOW) continues to grow and meet the community's needs, we have decided to open a Pay-it-Forward Café this summer!

The Café & Food Market will offer low or no-cost fresh and seasonal food and essential daily items that are culturally appropriate and affordable for everyone.

This will be a welcoming space for the community to participate in a dignified and equitable shopping experience.

Your support will help us stock our shelves with fresh food and essential daily items and outfit our commercial kitchen to provide healthy snacks for the community. We have a dollar-to-dollar match for up to \$25K.

Here's the link below to learn more and donate:  
<https://www.gofundme.com/f/EYMOWFoodHub>



## Choose to Help Today!

No amount is too small, each donation helps a neighbour in need

I would like to make a donation in the amount of  
**\$200 \$100 \$75 \$50 \$25 (Other)\_\_\_\_\_**

I have enclosed a cheque or cash for the amount above

I prefer to charge my donation to **Visa** **Mastercard**  
Card number \_\_\_\_\_ expiry date \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone number \_\_\_\_\_

**NEW!**



**THANK YOU FOR YOUR GENEROUS SUPPORT!**





# Staff

Adriano Murarotto MSW, RSW  
 Executive Director  
 Mary Skwarek  
 Manager, Operations  
 Ana Gavino  
 Meals on Wheels Coordinator  
 Laura Bellantone  
 Summer Student

Farah Alim  
 Assistant Coordinator  
 Rafael Granado  
 Volunteer Coordinator  
 Karissa Sakumoto  
 Project Coordinator  
 Shakeel Ahmed  
 Meal Delivery Driver

## Our Partners:



## Board of Directors

Melissa Chin  
 Interim President  
 Stacy Beach  
 Vice-President  
 Thomas Moores  
 Secretary-Treasurer  
 Tameeza Dhanani

Justin Safayeni  
 Mat Savulescu  
 Jill Krupa  
 Director Emeritus:  
 Carl Peterson  
 Honorary Life Member:  
 Alan Redway

## 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, Ontario Health, Ontario Community Support Association, United Way of Greater Toronto and Toronto Community Services and is a federally registered charity. EYMOW is a member of Imagine Canada, Ontario Community Support Association (OCSA), VolunteerToronto, Community Food Centers Canada and East Toronto Health Partners (ETHP) Ontario Health Team.



**Contact Us:**  
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Registered Charity Number #2913 9366 RR0001

