

The **WHEELER** report

Metro Meals on Wheels Newsletter — Fall 2012



BRINGING PROGRESS UPDATES AND STORIES FROM THE ROAD TO OUR FRIENDS AND SUPPORTERS!

FROM FARM TO TABLE:

OPEN FARMS PROVIDES LOCALLY GROWN, FRESH PRODUCE TO THOUSANDS OF INDIVIDUALS IN THE TWIN CITIES.

Community gardens, sustainable living, urban agriculture—these terms have transitioned from buzzwords to ways of life. Thanks to Meals on Wheels partners like **Open Arms of Minnesota and West 7th Community Center**, eating local and organic is not denied to individuals living with illness or limited mobility. Their farm programs get locally grown, fresh produce to thousands of individuals in the Twin Cities. Here's how they do it.

Open Arms of Minnesota is a nonprofit organization that cooks and delivers free meals specifically tailored to meet the nutrition needs of individuals living with HIV/AIDS, MS, ALS, breast cancer, and other illnesses.

“Open Arms was founded on the idea that we wouldn't just fill bellies—that we would work to provide the best quality and most nutritious food that we

could,” says Susan Pagani, director of communications. “We're not just providing our clients with a meal; we're trying to impact their health outcomes and improve their quality of life.”

Open Arms' dedication to nutrition has long been manifested in its use of fresh and organic ingredients in their meals. Recently, the rising cost of produce and commitment to organic made Open Arms consider the best and most sustainable way to provide that food. The answer? Growing its own! And so, in 2010, Open Arms founded Open Farms.

Through a partnership with the Prairie Oaks Institute in Belle Plaine, Open Arms leased two acres of unused land and spent a year prepping it to be farmed. As of 2012, the farm has grown to three acres, supplying 30,000 pounds of organic ingredients.



Give to the Max Day November 15, 2012

Don't miss your chance to go online and show your **SUPPORT** for Metro Meals on Wheels by participating in the biggest philanthropic day of the year in Minnesota. Give to the Max for Metro Meals on Wheels and help feed our senior neighbors this winter! Donors will be entered for a chance to win a Kindle Fire™ or other prizes.

<http://givemn.razoo.com/story/Metro-Meals-On-Wheels>.

give TO THE MAX DAY NOV. 15

giveMN.org



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www.meals-on-wheels.com

Got a Question? Call us! 612.623.3363

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From Farm to Table

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The program has been unbelievably successful!

Naturally, the positive impacts stretch beyond Open Arms' budget. Clients love that food is coming from a local farm and can't ignore the additional variety and abundance of fresh vegetables being delivered to their doors. In addition, volunteers are enthusiastic about the prospect of getting down in the dirt to do good for their community.

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In just three years, Open Farms has spurred enormous growth for Open Arms—and not just in the fields. The land has grown Open Arms' capacity, staff, volunteers, and educational programs, all while positively impacting the bottom line. Open Farms is a rare example of quantity and quality going hand-in-hand, and it will only continue to evolve and improve the services offered to Open Arms' clients.

Open Arms may only have a staff of about thirty, but with its nearly 2,000 volunteers and 460,000 meals served per year, it is by no means a small organization. Luckily, it's not only the heavy hitters that can benefit from growing its own food. For proof, look no further than West 7th Community Center.

West 7th Community Center is a multi-service organization serving residents of Saint Paul's West 7th and surrounding neighborhoods through after school programs, summer camp, senior programming, community events, and much more.

West 7th's senior program includes Meals on Wheels, which delivers

meals to about ninety community members daily with the help of volunteers. Its commitment to doing well by the community and clients meant that when the opportunity arose to make its food even fresher, they were all ears.

“We are part of the Healthy West 7th Initiative, which is a group of businesses and organizations that got together with the resident physicians at United Family Medicine,” says Jeannie Farrell, the senior program's activities and volunteer coordinator. “Instead of replicating a program that already existed, we did a community needs survey and found that people wanted access to health and wellness.”



This spurred a conversation about community gardening, and West 7th decided it was time to get in on the action. West 7th started a garden all its own to grow food to share with Meals on Wheels clients.

“We had a volunteer contact us and say he'd be willing to build the raised beds. We got plants and some of the money for material costs from our

annual plant sale. Then this year we planted and had a group of garden volunteers responsible for watering, weeding, and harvesting on a rotating schedule.”

“People wanted access to health and wellness.”

The first year has been a fun project, with a lot of successes and a few failures. “Of our three beds, the one that didn't do so hot was carrots and radishes,” explains Jeannie. With a laugh and a shrug, she continues, “It was our first try. The two beds that did really well were primarily tomatoes—it's crazy out there. They're totally wild. Next year we're going to go primarily with tomatoes and cucumbers—that's

something we find the clients really like. One client wrote us a card telling us she planned to put her tomatoes on a BLT.”

Unlike at Open Arms, the meal preparation and gardens at West 7th are separate, meaning that instead of the harvest being integrated into the meals, it is delivered as an addition—like a cherry on top. Or a dozen cherry tomatoes on the side.

“Our volunteers get really excited about giving our clients something new,” Emily Fugere, West 7th MOW coordinator says. “They already love delivering the meals and interacting with our clients, so having the opportunity to give even more is just great for them.”

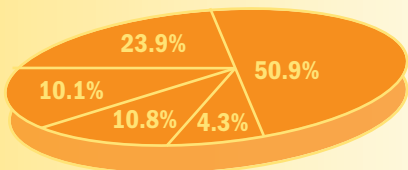
West 7th has been energized by its success, and already has plans for how to grow in its second season.

“Next year, we're going to start a cutting garden for flowers,” explains Jeannie. “We're collecting little vases right now, and our hope is to cut flowers and send them home to our clients for summer birthdays or just a little something extra.”

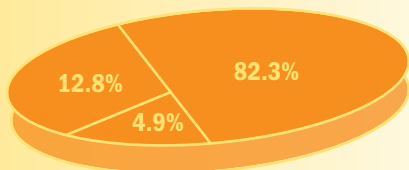
MOW 2011 Annual Report

2011 REVENUE AND EXPENSES

Revenue:	\$723,861	%
Individual Contributions	\$368,106	50.9%
Corporations & Foundations	\$173,350	23.9%
In-Kind Contributions	\$73,217	10.1%
Fundraising Events	\$30,906	4.3%
Other	\$78,282	10.8%



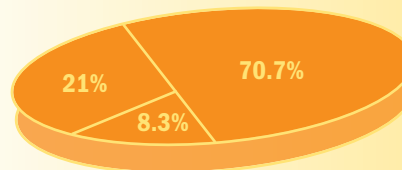
Expenses:	\$687,680	%
Program Services	\$566,023	82.3%
Fundraising	\$87,944	12.8%
Administration & General	\$33,713	4.9%



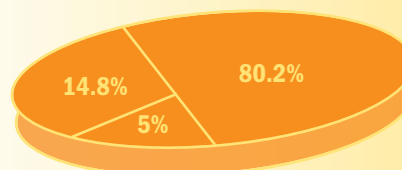
In order to better reflect the financial activity of the organization, the Metro Meals on Wheels Board of Directors has elected to change the Fiscal Year designation for the organization to March 31. Financials for the resulting 3-month year are reflected below.

JAN. 2012 – MAR. 2012 REVENUE AND EXPENSES

Revenue:	\$113,433	%
Individual Contributions	\$80,205	70.7%
Corporations & Foundations	\$23,775	21.0%
Other	\$9,453	8.3%



Expenses:	\$115,787	%
Program Services	\$92,874	80.2%
Fundraising	\$17,103	14.8%
Administration & General	\$5,810	5.0%



FINANCIAL STATEMENT

Assets	March 31, 2012	December 31, 2011	December 31, 2010
Current Assets	\$344,960	\$343,349	\$286,363
Fixed Assets	\$12,093	\$12,963	\$15,857
Other Assets	\$2,000	\$2,000	\$2,000
Total Assets	\$359,053	\$358,312	\$304,220
Liabilities and Net Assets	March 31, 2012	December 31, 2011	December 31, 2010
Current Liabilities	\$70,288	\$67,193	\$49,282
Net Assets	\$288,765	\$291,119	\$254,938
Total Liabilities and Net Assets	\$359,053	\$358,312	\$304,220

To view the full IRS form 990 and 2011-12 audit reports, visit Metro Meals on Wheels at: www.meals-on-wheels.com/make_donation_charitable_status. For a full list of contributors to Metro Meals on Wheels see: <http://www.meals-on-wheels.com/AR>.





5 *in* Thirty!

5 Simple Ways to Help Metro Meals on Wheels in 30 Days

1. Deliver a Meal! Call **612.623.3363** to sign up to deliver a meal over your lunch hour.
2. Support Metro Meals on Wheels on Give to the Max Day, November 15 at:
<http://givemn.razoo.com/story/Metro-Meals-On-Wheels>.
3. Create care packages for Meals on Wheels recipients with your kids! Learn how at meals-on-wheels.com/family.
4. Friend or Follow Meals on Wheels on social media. You can help serve more meals with every status update using HelpAttack! www.helpattack.com/loves/mmow.
5. Help a homebound senior by donating a Blizzard Box (2 emergency meals) at:
<http://givemn.razoo.com/story/Blizzard-Box-Blitz-1>.

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