

A Give to the Max Day Challenge: Make Minnesota the land of 10,000 meals!

This Give to the Max Day, we have a special challenge: To raise enough money to support the delivery of 10,000 meals to people in need this winter! Why give on Give to the Max Day?

- Your donation goes further with a special matching gift from a generous group of donors!
- Give.mn will draw a \$500 Golden Ticket winner every 15 minutes and offer \$100,000 in additional prizes in drawings. Each donation increases the chances that Meals on Wheels will be chosen!

**Schedule your gift anytime
Nov. 1-14 at bit.ly/givemeals!**



Join us at the Walk to End Hunger!

We're proud to again be a part of the Walk to End Hunger on Thanksgiving morning at the Mall of America! The Walk to End Hunger is a low-key family-friendly event 7-10 a.m. on Thanksgiving morning that gives participants the chance to raise money for the hunger-fighting organization of their choice! We hope you'll join us to support Meals on Wheels!

What to expect: There is no required distance to walk and there are fun activities sprinkled throughout the mall, including a kid obstacle course, face painting and music performances including special guest Kat Perkins! You can join any time and activities run 7-9:30 a.m.

How to sign up: Visit bit.ly/walkmeals2019 to register for the Walk. Join Team Meals on Wheels or create your own team to walk on behalf of Meals on Wheels! Registration is \$25 and from there you can ask your loved ones support you with a donation. If you can't make it but want to raise money for Meals on Wheels, join as a "Sleep Walker."

Thanks to all who came out to Meals on Heels!

Thanks to all of our stylish guests who joined us in August for Meals on Heels! In all, 529 people came out to strut their finest footwear, enjoy great food donated by a dozen local restaurants and raise \$57,307 for Meals on Wheels! Our wonderful sponsors Brandography, UPS, Scoular, Service Grinding & Sharpening, JCI St Paul, Halo Transportation and Allegra St. Paul ensured that all money raised at the event went directly to helping people in need!

If you're using a donor-advised fund, we can help!

With new tax laws implemented for tax year 2018, donor-advised funds (DAF) are becoming a more popular way for people to make their charitable contributions go further. If you are among those who has adopted a donor-advised fund as a preferred way of giving, we want to let you know that we are well-equipped to accept DAF donations.

Contributions from your donor-advised funds can be directed to Metro Meals on Wheels Inc., 1200 Washington Ave. S., Ste. 380, Minneapolis, MN 55415. Transfers may also require a nonprofit's EIN or Tax ID#. Ours is 31-1501057.

If you have other questions about how to make a DAF contribution to Meals on Wheels, or have questions about other giving options such as donations of stock, required minimum distribution (RMD) contributions from retirement accounts or bequests, don't hesitate to get in touch with us. Simply email our Executive Director Patrick Rowan at patrick@meals-on-wheels.com or call us at 612-623-3363.



The WHEELER

Metro Meals on Wheels Newsletter — Annual Report 2019



SERVING THE SERVANTS: MEET THE MUELLERS

To say that Ken and Mary Mueller devoted themselves to a life of service would be putting it lightly.

Their ministry took them all over the world, including more than 30 years spent in Brazil. They took a leap of faith and boarded a cargo ship headed to northern Brazil in 1960. After a 30-day journey they landed in a rural village where they set up a clinic in an area of need.

"Some people walked for several days just to get there," said Mary.

While in Brazil, they raised three children there and Ken homeschooled them. When it came time for college, their kids were required to spend a year in the United States so they could then decide where they wanted to ultimately live in their adulthood.

"We didn't want to force them into a mold they would resent later on," said Ken.

Now, Ken is 90, Mary is 89, and they've been married for 67 years. Eventually in the late '90s, they moved back to the Twin Cities and settled into a senior living facility in Bloomington. All of the kids have settled in the U.S., with two of them living nearby.

They remain active in their ministry. Ken's still translating texts into Portuguese for the people they used to serve in Brazil. But preparing their own meals has gotten more difficult.

At the urging of their daughter, they started getting Meals on Wheels earlier this year. The meals help them continue to live independently.

"The quality of food is fantastic," says Mary.

"And it's caring people who deliver it," echoes Ken.

It's only fitting after so many years of service that it's Ken and Mary's turn to be served by caring volunteers.



Look inside for our 2019 Annual Report!

It takes a whole community to ensure that our neighbors are getting the nutritious food and social connection they need to live independently. That's why this is an exciting time of year for us, as we get to look back to see all that you made possible as a Meals on Wheels supporter.

Each year when we compile our Annual Report, we get a chance to show you everything it takes to make Meals on Wheels available to all who need it. Again, we are astonished by what can be accomplished when our community comes together to support this work.

We hope you'll take a look inside to learn more about the great things you made possible during the past year!





Meals on Wheels Annual Report

FY2019 (April 1, 2018–March 31, 2019)

The delivery facts

1,181,530

Meals delivered by our 32 member programs last year

7,164

Seniors and people with disabilities served

3 in 4

People who enroll in Meals on Wheels need assistance to pay for meals

None of this is possible without you!

The generosity of our community is the reason that we can look forward to meeting the challenge of serving more seniors as the Twin Cities senior population grows. Here's what you did in the past year to ensure your neighbors get the nutritious food they need to live independently in their own homes:

Kitchen report

The Meals on Wheels Kitchen of Opportunities opened in March 2017 in partnership with Open Arms of Minnesota. The kitchen is dedicated solely to serving Meals on Wheels recipients in the Twin Cities. The goal of the Kitchen of Opportunities is to provide high-quality meals at the lowest possible cost.

365,552

Meals enjoyed from the Kitchen of Opportunities last year

\$190,087

Amount saved vs. private caterers for neighborhood sites using the kitchen

44,726

The number of meals that can be purchased for people in need with the money saved

179

That's how many meal recipients can be fed for a year with that savings

Volunteer power

14,766

The number of people who volunteered for Meals on Wheels. That's roughly equivalent to a city the size of Robbinsdale!

117,858

The estimated hours that our volunteers spent delivering meals over the past year

\$3.3 million =

The estimated economic value of all the time Meals on Wheels volunteers put in last year according to Independent Sector

Donor generosity

7,663

Individuals and foundations made financial contributions to Meals on Wheels

6,721

People attended events that supported Meals on Wheels in the Twin Cities

\$28,057

The amount people raised by asking their friends and family to support Meals on Wheels in the Walk to End Hunger or hosting a fundraiser on Facebook

Growing needs

2,544

People contacted us to begin service last year

65+ > K-12

2020 marks the first year in history that Minnesota's senior population will eclipse its school age population

Did you know? 92% of our budget is directly allocated to program-related expenses.

FY2019 IRS Form 990, Audit Reports and full list of donors can be viewed at meals-on-wheels.com/about/reports.