Meals on Wheels of Central Maryland gets Support from Maryland Food Truck Week

Hungry families and friends from across the region gathered together to share new food experiences and follow their favorite food trucks during the spring gathering of Maryland Food Truck Week. As the beneficiary, Meals on Wheels of Central Maryland (MOWCM) was excited to connect with food truck vendors and patrons to raise funds and visibility.

In their third year of celebrating delicious food and culinary creativity, the Maryland Food Truck Week organizers secured sites for foodies to gather, visit, eat, and enjoy the street food phenomenon. Beginning with the kick-off night at Port Covington, events were open to the public in Baltimore, Havre de Grace, Pasadena, Severn, Halethorpe, Odenton, Middle River, and Elkridge. The closing event was held at the Baltimore Museum of Industry.

Showcasing their version of ‘meals on wheels’, made partnering with MOWCM a natural food-centric way to give back to our neighbors in need.

Patrons had the opportunity to donate their beverage tips to MOWCM and their generosity overflowed! During the spring Maryland Food Truck Week, $2400 was raised for the mission of Meals on Wheels of Central Maryland.

Hungry for more? Maryland Food Truck Week returns this fall, October 18-27, and MOWCM will again be the beneficiary! Locations will be announced soon and posted on the MOWCM website.

Follow @mealsonwheelsmd on Facebook, Twitter and Instagram for the latest information.
Dear Friends,

As I write this letter, the lazy days of summer seem to linger, but for Meals on Wheels of Central Maryland, we remain busy working to ensure seniors are happy and healthy at home. For us, summer gives way to less traditional activities such as our volunteer appreciation brunch and our ‘summer service days’ where the administrative team takes to the streets, literally, to deliver meals, get to know personally those we serve, and help fill in for vacationing volunteers at the distribution sites. It is also a time to plan for the more hectic days of Fall and the possibility of inclement weather.

Because the need in Maryland remains great, with more than 140,000 seniors identified as in need of home delivered meals, we work every day to identify new and creative ways to serve more people and serve them better. We work together to strategically plan our growth. We think creatively about how to partner with others to leverage resources. We strive to be operationally efficient, and we prepare for inevitable cancellations due to inclement weather we have come to expect.

However, more importantly, we get to know our participants like Mr. Johnson, a pianist and song writer whose life changed after a back injury, who anxiously awaited his volunteer’s visit when he heard a storm was coming; or Ginny, an avid Orioles fan, who has no trouble telling you what she thinks about this season’s performance; or Annie who at 97 years old remains the first owner of the house she lives in and is proud of her independence thanks to Meals on Wheels of Central Maryland. Annie thanked me during my recent visit, not for the food but for talking to her!

This newsletter gives you a behind the scenes look at this work, from the new shrink wrap machine to the food truck festival; but what is more important, and perhaps less obvious in this edition, is that each day amidst all this activity, more than 5,000 meals are being delivered to seniors throughout Central Maryland to people like Mr. Johnson, Ginny and Annie who couldn’t be more grateful.

Whether you are a volunteer, donor, community partner or employee, these are a few of the thousands of people whose lives are changed because of your generosity. You have not only helped them remain living independently, you have given them the power to choose to do so.

Thank you for choosing Meals on Wheels of Central Maryland,

Stephanie Archer-Smith
Executive Director
ON JUNE 13TH, OUR CENTRAL KITCHEN
and administrative office at 515 South Haven Street
opened its doors to 230 volunteers for the Third Annual
Volunteer Appreciation Brunch. Meals on Wheels of
Central Maryland volunteers from across all service areas
enjoyed a delicious brunch prepared by our kitchen and
served by the MOWCM staff. The highlight of the day
was the tour of our Central kitchen where over one
million meals are prepared annually. Along the tour, the
volunteers were delighted to see our brand new shrink
wrap machine in action, an improvement in the Central
kitchen that has a direct benefit on the volunteers in the
field. Most of all, the volunteers enjoyed the company of
other volunteers and shared stories with peers who they
may not meet on their regular delivery routes. The main
topic of conversation—the one thing they all had in
common; their dedication to serving Meals on Wheels’
clients in Central Maryland. Thank you to all of our
Volunteers for their dedicated service!

Every year, a group of volunteers from the Glen Burnie distribution site
rents a van to attend the brunch together.

Shayna Queen, Accounts Payable Specialist, left, and
Jessica Robinson, Accounts Receivable Specialist,
right, donned aprons and gloves to serve up a delicious
brunch menu.

Our Lunch Bunch program encourages corporate teams to deliver meals during their
lunch hours. Bizerba USA, pictured, delivers as a Lunch Bunch in Edgewood.

Grocery Shopping Do you have 3 hours a month to help a homebound individual? Are you
looking for an additional volunteer opportunity with flexible hours? Then we need your help!
Our Grocery Assistance Program is currently in need of volunteers in East Harford County
and Essex. “GAP” pairs volunteers with a client in need, and with their shopping list in hand
the volunteer goes to the store on the client’s behalf. You don’t spend any of your own money
and may make a friend for life! If interested, please contact: Katia at 443- 573-0933,
or email: jones@mowcm.org.

www.mealsonwheelsmd.org
Volunteer Groups Essential to our Kitchen

Every year our Central kitchen gets a boost from over 500 corporate group volunteers. These volunteers come to us from corporations throughout our service area to help package bread, scoop fruit cups, prepare hot and nutritious meals for delivery, and so much more.

Meals on Wheels of Central Maryland depends on every company and corporate volunteer group that gives of their time, whether they are new in their volunteer roles or they have reliably joined us year-after-year. Their support is essential because it not only increases our kitchen’s productivity, it frees our team members to take on other important duties such as inventory and product rotation to ensure the freshest, quality ingredients for our meals.

Welcome our 2019 new kitchen groups!
- EBI
- Innovative Party Planners
- M&T Bank
- Johns Hopkins – Nursing & Clinical Education
- Pepsi
- Civic Education Project
- Arundel Christian Church
- St. Mark Coptic Orthodox High School
- Mosaic Christian Church
- Johns Hopkins Department of Surgery and Perioperative Services

Volunteers from Pepsi Beverage Company scoop 1600 applesauce cups in record time!

EBI, Inc. bake and package thousands of cookies as a part of their annual sales retreat.

Johns Hopkins Nursing and Clinical Education staff joined a growing number of Johns Hopkins departments who volunteer for Meals on Wheels of Central Maryland.

Interested in volunteering or joining us as a Lunch Bunch? Contact Emily Trotter at 443-573-0925 or trotter@mowcm.org.
Your Year-End Gift Means More than a Meal

In 2019, because of your generosity, we have...

Delivered over 1.3 million nutritious meals to seniors and individuals in need throughout Central Maryland.

Prevented re-admissions and emergency room visits for 43 people.

Supplied 147 Kibble Connection clients with pet food to nourish their furry companions.

Provided home improvements and safety modifications for 287 clients to make their home safe and support their independence.

Connected with 169 people with Friendly Companions and Phone Pals to reduce the risk of depression associated with isolation and loneliness.

Assisted 356 neighbors with grocery shopping.

Processed 135 applications for supplemental nutritional assistance (SNAP) securing over $75,000 in additional resources and increasing economic stability.

Believe in the power of a nutritious hot meal, a friendly smile, compassion and the impact of your gift. Believe in your power to make a difference.

Make your year-end donation to Meals on Wheels of Central Maryland – www.mealsonwheelsmd.org

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Meals on Wheels of Central Maryland is partnering with the Maryland Department of Human Resources to increase awareness of the Supplemental Nutrition Assistance Program (SNAP), and offer Maryland seniors opportunities to learn about the program in multiple ways including public events.

SNAP application screening is just one of many services provided through MOWCM. Because aging adults often find it difficult to apply for resources online, applicants to the Home Delivered Meal Program are automatically screened by our credentialed Client Support Specialists and Case Workers, who are trained to identify eligibility criteria, explain program benefits, and apply for SNAP benefits on behalf of the participant. Meals on Wheels removes barriers to resources by working through the application process with a staff member they know, and trust, making an easy and seamless process. Many are surprised and delighted and often relieved to know they qualify for food assistance.

Frank S. is 82 and lives alone in an apartment in Canton, about a mile from Meals on Wheels of Central Maryland headquarters. He has been a home-delivered meal client since 2017 and is currently undergoing treatment for cancer. The treatments have weakened him to the point that he is confined to a wheelchair, so, although he lives across the street from Safeway, he is unable to shop for groceries. Following an assessment of his situation, our credentialed staff assisted him in applying for SNAP benefits. Now he receives a monthly assistance check which helps him to offset the cost of needs, making difficult choices like “Should I pay for food or medicine?” far less likely.

MOWCM is honored to partner with The Food Supplemental Outreach Program and the Maryland Department of Human Services. Together, we are committed to making a positive impact in the community and improving the economic stability of aging adults.

Quick Facts About SNAP

- SNAP can help individuals with limited incomes afford to eat better.
- The majority of seniors who qualify for SNAP fail to apply.
- Seniors can deduct out-of-pocket medical expenses from income when applying for SNAP.
- MOWCM accepts SNAP in payment for meals.
Special Thanks to the Herbert Bearman Foundation

MOWCM produces and delivers more than 5,000 delicious and nutritious meals every day (Monday – Friday), to ensure quality, packaging is a critical component of that process. This kind of detail can be overlooked, however a meal that is not properly sealed can be messy, of poor quality or even unsafe. At MOWCM we take the packaging process very seriously. When our machine began to malfunction, the installation of a new shrink wrap tunnel became a priority and was immediately recognized as an important investment in quality control and client satisfaction.

Following the installation of a new state of the art machine in May, meal delivery volunteers noticed the impact right away. “The new packaging is tighter and makes it so much easier to bring meals to our clients,” said veteran volunteer and former Council of Site Representatives Co-Chair Janice Benenson. “This was an issue that came up in our meetings, so it’s nice to know that MOWCM listened and acted swiftly to provide such a great solution.” One of the unexpected highlights of our annual Volunteer Appreciation Brunch in June was the opportunity to see the new machine in action.

Funded by a generous grant from the Herbert Bearman Foundation, the shrink wrap tunnel is a major upgrade from our previous machine, which required a kitchen employee to measure and cut the film for each tray to be wrapped. The new machine runs for approximately 12 hours per day, packaging together our cold meals and accessory items like milk, juice, bread, and butter. It automatically sizes and cuts each film segment based on programmed settings, directly improving our production capacity, quality control, and productivity. This enables us to more quickly seal and process more meal trays, spend less labor, and avoid costly equipment maintenance challenges. These savings mean more meals served while also improving the volunteer experience and increasing client satisfaction.

The new machine with only one person needed to move food trays onto the conveyor belt.

Thanks To Our Grantors  Grants Received since 2019 Fall Meal Times

- Anne Arundel Senior Provider Group
- Bank of America Charitable Foundation
- BGE
- The Kenneth S. Battye Charitable Trust
- CivicWorks
- Federal Emergency Management Administration, Emergency Food and Shelter Program (Baltimore City, Baltimore, Carroll, Harford and Howard Counties)
- GEICO Philanthropic Foundation
- Jones Junction
- W.R. Grace Foundation
- Home Depot Foundation
- Howard County Department of Resources and Services
- Johns Hopkins Bayview Medical Center
- Johns Hopkins Neighborhood Fund
- Maryland Department of Human Services, Family Investment Administration
- Meals on Wheels America
- Montgomery County Council
- PDP Group
- Leonard and Helen R. Stulman Foundation
- Wawa Foundation
- Harry and Jeanette Weinberg Foundation
- The Center for Successful Aging
… enabling people to live independently at home through the provision of nutritious meals, personal contact and related services.


Donation Form: In Honor Of/In Memory Of

Please send your check with the form to:
Development Office
Meals on Wheels of Central Maryland
515 South Haven Street
Baltimore, Maryland 21224

While the amount of the gift is never mentioned on the acknowledgment card, we do suggest a minimum of $10.00.

You can also call 443-573-0930 to charge gifts to your credit card or log on to www.mealsonwheelsmd.org, then click "Donations."