

# LANGLEY MEALS ON WHEELS

## BUSINESS PLAN FOR CITY OF LANGLEY LOCATION

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## EXECUTIVE SUMMARY

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This document outlines a plan for Langley Meals on Wheels (LMOW) to launch a new facility in the City of Langley. This facility has the potential to reduce the social and health impacts of poverty and social isolation and ensure that people of all ages connect to the community and resources they may need. LMOW plans to actively search for a City of Langley location to extend the programs and services of the Aldergrove Community Station House (ACSH).

The ACSH commercial kitchen has the capacity, to expand our reach and grow our programs while controlling food costs.

- **Café:** We truly are serving more than just a meal. We are on a mission to create a sense of community through food and proudly serve a variety of lunch options with a healthy, local twist. Our Café encourages intergenerational social interaction by welcoming a diverse group of people – youth, families, individuals, seniors and business professionals. The Café supports the mission of LMOW, ‘delivering services to our community for all to be fed, connected, and supported’. All proceeds go to fund the meal program.
- **Meal Delivery Program:** Fresh and/or frozen affordable meals, are reliably delivered by trained, compassionate volunteers who complete a safety check-in with the client and, if needed, connect them to the right healthcare and/or community resource. Approximately 25% of current clients qualify for a subsidy supported by donations and sponsorship.
- **Meals on Foot:** Through partnership with *Langley School District #35*, this LMOW intergenerational program includes a team of local elementary school students who work with their teacher to deliver meals, connect with LMOW clients and receive a free meal themselves.
- **Food & Friends:** Seniors 55+ are regularly invited to enjoy good food, great company, and an interesting guest speaker -- at a reasonable price.
- **Healthy Living Bag:** On a monthly basis, *LMOW, the City of Langley* and a *local grocer and food producer* offer a \$6 bag of fresh produce to about 130 available to everyone.
- **Home from the Hospital:** To combat malnutrition, help support healing with watchful eye of caring volunteers.

The ACSH's kitchen will support a new City of Langley location that offers all the programs and support resembling the Hub concept in Aldergrove.

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Over 20% of children and youth and over 14% of seniors in Langley live below the poverty level. Working together, LMOW and the City of Langley can work to reduce poverty and improve the overall health of the community so people of all ages can live, healthy, and independent living.

**LMOW vision to support and to combat Social Isolation:**

- A place for people of all ages to connect and build a support network of friends community resources.
- A place that offers meaningful volunteering opportunities. LMOW volunteers will include people from diverse cultures and age groups that interact with each other and receive training and experience that will help them gain employment in the future. Volunteering also has the potential to provide a very important sense of purpose and meaning to those involved. The critical importance of social inclusion as one of the social determinants of health is increasingly recognized. The bottom line is that communities where people feel included are healthier communities.

**Why is this service needed in the City of Langley?**

- Fastest growing number of low-income seniors in BC.
- Growing need for low-cost nutritious meals for all ages.
- Connections to service providers and resources in a supportive space.
- Significantly improving access to healthy affordable food in a caring and dignified way.

**How can we leverage community partnerships to deliver service?**

- Offer space for partnerships to meet their clients.
- Central location within in the City of Langley to support our partners with food programs.
- Support partners using the facilities to include catering with meeting space.
- Sources BC (food bank)
- Langley Environmental Partners Society (training and workshops)
- Langley City (share Langley City programs)
- Langley School District 35/School Foundation (programming partner)
- Lower Fraser Valley Aboriginal Society (food programs)
- Encompass Support Services Society (workshops)
- Stepping Stone Community Services Society (service provider)
- Big Brothers, Big Sisters (meeting rooms)
- Langley Volunteer Bureau (meeting rooms)
- Other partners utilizing the facility after LMOW operating hours.

**How does LMOW contribute to poverty alleviation and food systems planning?**

- Access to food and food education through in person programs is the first step to alleviating poverty.
- LMOW provides affordable meals and food programs.
- Increased access to local purpose planted farming and expanding our partnerships with local farmers.
- Providing a City of Langley gathering space for isolated citizens.
- Continued support to school food program.

**LMOW current location in the City of Langley.**

- We are in a space shared with a daycare for 2.5 hours a day to support the volunteers that deliver in the city and surrounding area.
- Availability for City of Langley clients to pick up is limited to the 2.5 hours daily.
- Other than driving there is minimal City of Langley volunteer opportunities with LMOW.

**What are the long-term Implications?**

- LMOW mission is to provide basic community needs, food security, access to low-cost meals and access to community programs in a safe and supportive environment.
- Decrease health determinants and reduce hospital visits.
- Expansion of LMOWs services.
- Increasing volunteer opportunities in the City of Langley.
- Increase our meal program in Langley City. We currently deliver over 50% of our meals within the City of Langley.

A place to where community can come in and participate in programming.

**Possible locations available to LMOW?**

- Partner with LFAS in the Old courthouse.
- Market lease space in the City of Langley.
- Potential In-Kind lease space in the City of Langley (Family Pharmacy).

**What we need to expand our full services in the City of Langley.**

**Total space required approximately 5,000 sq ft.**

- 2,000 sq ft café / kitchen
- 500 sq ft office space
- 500 sq ft storage
- 2,000 sq ft community partner facilities
- Accessible and central location with parking availability

**Staffing**

- 1 Full time Coordinator
- 1 Part time Assistant
- 20 new volunteer positions

## FUNDING STRATEGY

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Initial capital and ongoing operational funding is required to ensure the success of a City of Langley location. We have received indications from larger donors that they would provide financial support to the initial capital funding and ongoing operational requirements for a LMOW Hub concept in the City of Langley.

To support expansion, LMOW will apply for grants and reach out to current and new potential corporate and individual donors for further funding.

### Estimated Capital & Operating Cost:

<b>Initial Capital Costs</b>	
Leasehold improvement	\$100,000
Prep Kitchen equipment	\$50,000
Furniture	\$25,000
<b>Total Capital Cost</b>	<b>\$175,000</b>
<b>Operational Costs</b>	
Staffing – 2 positions	\$70,000
Expenses (utilities and supplies)	\$20,000
Meals (food, packaging, chef)	\$39,000
<b>Estimated Annual Operational Cost</b>	<b>\$129,000</b>

### Estimated Annual Funding:

Grants	\$25,000
Meal Revenue	\$39,000
Partner Rental Revenue	\$5,000
Donations	\$60,000
<b>Total</b>	<b>\$129,000</b>

## CONCLUSION:

After 43 years of operation, Langley Meals on Wheels has created a unique concept of a food hub and neighbourhood house to extend our reach into the community by taking control of our meal preparation, a cafe, and facilitating food sharing with other non-profits. We have proven the success of working together with partners helps combat poverty, malnutrition, and loneliness in a community that has many challenges, but a great spirit. The success of ACSH with donations and grant applications has given the community confidence that we can duplicate a new Hub location in the City of Langley. To build a LMOW City Hub, we would request the financial and community support from the City of Langley. Our vision, “A community where no one is hungry or alone.”