



MEALS ON WHEELS
Popote roulante
(S U D B U R Y)

ANNUAL REPORT 2024-2025

Good food heals, good friends help

EXECUTIVE DIRECTOR'S REPORT

Our fundraisers this year were a great success. Christmas cookies and pies was the most successful and we sold 207 pies and 178 litres of cookie dough. This kept our kitchen busier than normal and brought in some new volunteers to help produce all these goodies. Stay tuned for future fundraising events coming in our 54th year of operation.

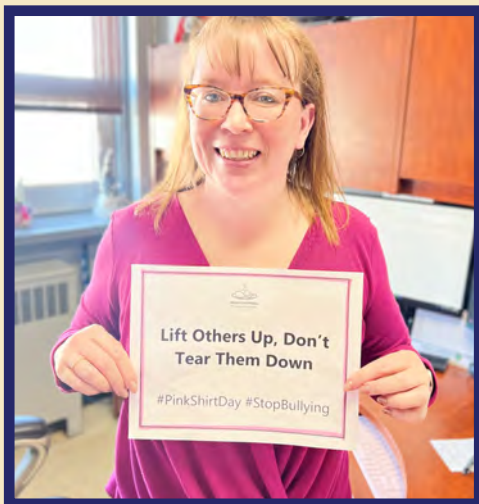
This year we saw our frozen meal program grow and served over 15,500 meals to Northern Ontario. We are working hard at expanding further.

March for Meals this year was the biggest we have seen in years. We welcomed local funders, elected officials, and prominent members of our community. They found it to be very gratifying to see the look on our clients faces as they were providing them with a hot nutritious meal.

Our hot meals program continues to be a success with producing over 37,500 meals to the Greater Sudbury area, all of which are produced in our own kitchen.

The 2024-2025 year has been one of learning for me. I now have my first year as Executive Director under my belt. The support I received from the staff, Board of Directors, volunteers, and clients has been overwhelming and I thank each and everyone of you.

Tammi Lear
Executive Director



Tammi Lear on a Pink Shirt Day, supporting the anti-bullying movement

Pictured left to right: Tammi Lear and Jamie West, Sudbury's Member of Provincial Parliament – March for Meals 2025, Community Champions Week

PRESIDENT'S REPORT

Dear esteemed stakeholders and distinguished supporters,

It is with great pleasure and profound gratitude that I address you through this annual report, my first year as the Board Chair of Meals on Wheels (Sudbury). As we reflect upon this year, I am delighted to share the tremendous impact we have made in addressing the nutritional needs of the vulnerable members of our community.

Together, we have delivered thousands of meals to seniors, individuals with disabilities, and those facing difficult circumstances. Our team and volunteers offered a lifeline of connection, a friendly face, and a listening ear. Our impact reaches far beyond the dinner table; it touches the lives of those we serve and their families, bringing comfort and peace of mind.

This was a year of stability and moving forward for Meals on Wheels with our Executive Director Tammi Lear at the helm for the full year. Tammi has been a steady hand and consistent support for our entire team of staff and volunteers at Meals on Wheels (Sudbury). Our next fiscal year is shining bright with Tammi leading our team!

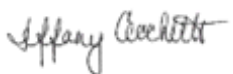
I am incredibly proud of the strides we have made in expanding our reach and impact. We have continued strong partnerships with local businesses, community organizations, and government agencies, enabling us to extend our support to even more needy individuals. These collaborations have amplified our ability to create positive change in Sudbury and fostered a sense of collective responsibility toward the well-being of our community.

None of this would have been possible without the generous support of our donors, sponsors, and community members. Your unwavering commitment and financial contributions have been the cornerstone of our organization's success. For that, we extend our appreciation and sincere gratitude.

Looking ahead, we are excited about the possibilities that lie before us. As we move forward, we will focus on expanding our services to those in need, leveraging technology in the way we interact with our volunteers and delivery of services. This will put Meals on Wheels (Sudbury) at the forefront of embracing new ways of delivering services to those that are in need.

In closing, I want to express my gratitude to our Executive Director and Board of Directors as well as every volunteer, staff member, donor, sponsor, and community partner who has contributed to the success of Meals on Wheels (Sudbury). Your unwavering support and dedication have allowed us to make a lasting impact on the lives of those we serve.

With thanks,



Tiffany Cecchetto
Board Chair, Meals on Wheels (Sudbury)



***Tiffany Cecchetto
(second from left)
with KPMG team
volunteering and
delivering meals.***

***Tiffany Cecchetto taking
part in Community
Champions Week, March
for Meals 2025
Pictured left to right:
Tiffany Cecchetto,
Luanne, volunteer,
Corissa Vande Weghe,
Board Member, Shannon
Ketchabaw, OCSA Board
Member and Executive
Director of the Alzheimer
Society.***



HOT MEALS PROGRAM

Our Hot Meals Program runs from Monday to Friday, offering clients freshly prepared, nutritious meals made right in our kitchen. Volunteers deliver these well-balanced meals daily between 10:30 a.m. and 1:30 p.m. across the Greater Sudbury area. Along with each delivery, clients receive a friendly visit and a wellness check, helping to support their well-being beyond just a meal.

We update our menu twice a year to keep it fresh and appealing. Special dietary needs and allergies are carefully considered—clients are asked to provide documentation so we can adjust meals accordingly. By request, we also offer minced and puréed meals to accommodate specific needs.

Among our most popular menu choices are Chicken Parmesan, roast beef, and turkey dinners—comforting favourites that continue to bring joy to our clients.



“A client since 2015, I continue to be grateful for the support Meals on Wheels provides. The drivers are excellent, and the service is beautiful—it truly helps me in my day-to-day life. I enjoy interacting with both the staff and volunteers; they're all wonderful and make every delivery a positive experience. One of the highlights of my week is the fish meal on Fridays, which has become a favourite. Meals on Wheels (Sudbury) has been a steady and valued part of my routine for many years, bringing both nourishment and connection to my home!”

- Richard Baby, Meals on Wheels (Sudbury) client

“For the past two years, I've been ordering meals from Meals on Wheels, and they continue to bring me joy. Having someone prepare them for me has been a big help in my daily routine. The meals are always delicious, and I especially look forward to my frozen order of cabbage rolls—they're my absolute favourite! The little desserts that come with them are always a sweet treat. The volunteers are consistently kind, polite, and thoughtful, and I truly appreciate their warmth with every delivery.”

- Yvonne Maltais, Meals on Wheels (Sudbury) client





503

Clients Supported



37522

Hot Meals Served

We have two clients who have been with us since 2012—celebrating 13 years of service this year.

We're proud to serve clients over 100 years old, including ladies who are 103 and 102.

EXAMPLES OF HOT MEALS



**Salsbury Steak,
California
Vegetables,
Rice**



**Cream of Mushroom
Soup, Chicken Fingers,
Diced Squash,
Butter Parm Noodles,
Muffin**



**Golden
Lentil Soup**

HOT MEAL REPLACEMENTS (HMR)

This year marked another strong chapter for our Hot Meal Replacement (HMR) program, with production continuing in our own kitchen. Our flash-frozen meals have become a favourite among clients, offering a convenient and nutritious option without sacrificing taste or quality. Using rapid freezing techniques, we preserve the flavour, texture, and nutritional value of each meal—without the use of preservatives.

We also strengthened our inventory to ensure we can meet the growing demand. Over the past year, sales of our flash-frozen meals rose by nearly 40%, demonstrating both the need and appreciation for this service. Our deliveries to the Parry Sound area remain steady.



15342

Frozen Meals Served

New frozen meal options added to the menu this year are bison chili, seared haddock and lemon pepper salmon



Meals on Wheels (Sudbury) has allowed me to maintain my independence and continue living comfortably at home. The convenience of having nutritious frozen meals delivered to my door has been incredibly helpful, especially knowing that the meals are tailored to meet my specific dietary needs, like those for managing diabetes. I truly appreciate the quality and taste of the food—it's a real treat. The pot pie and shepherd's pie are two of my favourites; they remind me of the meals my wife used to cook, bringing back wonderful memories. Meals on Wheels (Sudbury) has not only provided me with great food, but also with a sense of support, and for that, I am truly grateful.

- Andre St. Jacques, Meals on Wheels (Sudbury) client



On Kitchen Crew Appreciation Day, our clients had a special opportunity to share heartfelt thanks with the team behind the hot, nourishing meals they rely on each day.

EXAMPLES OF FROZEN MEALS



**Swedish Meatballs,
Peas and Carrots,
Butter Pasta**

**Chicken Parmesan,
Penne with Red Sauce,
Brussel Sprouts**



OUR VOLUNTEERS

Some arrive with a friend, others with their partner or child. Some have been with us for over a decade. No matter how they join, every volunteer becomes part of our Meals on Wheels (Sudbury) family.

Between 10 a.m. and 1:30 p.m., Monday through Friday, rain or shine, our volunteers hit the road—bringing not only hot meals but kindness, conversation, and connection. Over time, many have become familiar faces to our clients, forming friendships that last well beyond the doorstep.

Volunteering often becomes a tradition. We have couples who always come together, and friends who turn their weekly shift into something they share. Parents bring their children to help, offering them an eye-opening experience and a chance to build skills and confidence. We love seeing young people discover how volunteering can change lives, including their own. One high school student even found their path with us and joined our kitchen team in a part-time role.

We celebrate our volunteers during National Volunteer Week and International Volunteer Day, but their impact is felt every day of the year.

This year, we were fortunate to welcome helping hands from KPMG, RBC, and Karis Disability, whose staff contributed their time as kitchen volunteers. Whether behind the scenes or out on the road, every act of service moves our mission forward—and for that, we are truly grateful.



37

Volunteers Total



5826

Volunteer Hours



120425km

Driven

Our youngest volunteer, Mariia, is just 10 years old, our most senior volunteer, Andre, is 84.

Among our volunteers, we're proud to have five doctors who lend their time and care!

Norm (80 y.o.) and Andre (84 y.o.) are brothers who volunteer together. Norman has been with us for 10 years, and Andre for an incredible 31 years.



***Our youngest
volunteer Mariia***



***Our most senior
volunteer Andre***



***Pictured left to right:
Norm and Andre***



“My name is Kate Branigan, and I'm currently in my second year of a Master's in Biology, specializing in Behavioural Neuroscience at Laurentian University. As I was looking for ways to get more involved in the community and gain meaningful experience, I came across Meals on Wheels Sudbury. The application and onboarding process was smooth and welcoming, which made getting started really easy. One of the most rewarding parts of volunteering has been the one-on-one interactions with clients—those moments of connection are truly a highlight, and a reminder of how small gestures can make a big difference in someone's day. I'd absolutely recommend volunteering with Meals on Wheels to other students looking to give back and make a meaningful impact in the community.”

- Kate Banigan

For the past five years, Janine Moutsatsos has been bringing colour and care to Meals on Wheels (Sudbury) through the garden she lovingly tends just outside our office. Janine volunteers her time to plant, water, and maintain the flowers that brighten our surroundings. Her dedication reminds us that kindness can bloom in many forms—and sometimes, it starts with a flower! Janine is a volunteer who's making a lasting impact on the community—not only through meal deliveries, but through the joy and beauty she brings to our shared space!

- Janine Moutsatsos



OUR DEDICATED VOLUNTEERS



Ian Campbell, CTV news anchor, has been our dedicated volunteer for 3 years.



As part of Meals on Wheels Week during Community Support Month (October 2024), our volunteers enjoyed a pumpkin carving activity. Pictured: Danika, our student volunteer.

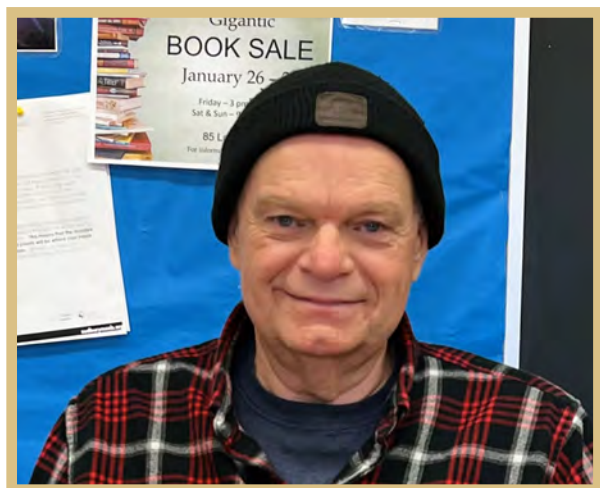


Pictured left to right: our student volunteers, Mariia and Zirka, helping out in the kitchen.

OUR DEDICATED VOLUNTEERS



We encourage young volunteers to join our team and develop new skills. Pictured left to right: Sofiia and Zirka, our student volunteers.



John, one of our longtime volunteers, who has been with us for six years.



Our volunteers take part in special days of support—like Red Shirt Day, which raises awareness for Canadians with disabilities. Pictured left to right: Tom and Danika.

HOME OF OUR OWN CATERING



Our catering division has experienced remarkable growth this year, becoming an important source of funding for Meals on Wheels (Sudbury). Our team continues to support our community by preparing nutritious meals for our Meals on Wheels clients Monday to Friday. Our dedicated kitchen staff starts their day early at 5 a.m., ensuring that all meals are ready for lunchtime delivery. We have specialized teams that focus on both hot meals and hot meal replacements to maintain quality and efficiency.

In addition, Home of Our Own Catering (HOOO) remains a trusted partner, providing meals to daycare centres, adult day programs, and various community services year-round, including both lunch and dinner options for some programs. We are also proud to offer vegan meal options, further expanding the range of services we provide.

Our catering services have been growing steadily and are ideal for a variety of events, including business luncheons & corporate events, weddings & anniversaries, birthdays & family gatherings, and community & social events. We offer a variety of options, from appetizers and snacks like cheese platters, charcuterie boards, mini quiches, and vegetable & fruit platters, to delicious main courses, side dishes, desserts, and beverages.

To ensure we meet the evolving tastes of our clients, we update our menu every six months, carefully reviewing customer feedback and drawing on our past menu experiences to refine and enhance our offerings.

We extend our heartfelt thanks to our dedicated catering team for their hard work and commitment to quality.



4

Ongoing Contracts



67220

Total Meals Served



Hot Meals Team

*Pictured left to right: Shelby Ozbourn,
Erik Heikkila, Chris Ritch. Missing Lori Saur*



Hot Meal Replacement Team

*Pictured left to right: Bernard
St. Louis, Raj Yadav*

MARKETING AND COMMUNICATION SUPPORT

This year, our marketing strategy at Meals on Wheels (Sudbury) focused on raising awareness, driving engagement, and increasing donations, all of which supported the organization's mission and vision. Our communications were built around four key content pillars: nutrition and healthy eating, volunteer engagement, community impact, and fundraising and events.

Our marketing activities included social media, fundraising, public relations, branding and design, and event promotion. On social media, we worked to build stronger connections with our audience through regular posts that encouraged more people to volunteer, support our initiatives, and participate in campaigns.

Our fundraisers were a great success; we held five this year, and they remain an integral part of our funding sources.

As for event marketing, this year we organized and promoted three key events—a brand awareness event, a community conference, and a corporate event—using both online and offline channels to drive attendance and engagement. These included March for Meals in March, the Healthy Aging Fair in October, and the Take Your Kid to Work Day event in August.

This year, we redesigned our website, adding a full French version. Key improvements also included easier navigation, a simplified meal ordering process, and a more user-friendly volunteer portal—making the site more accessible and efficient for everyone.

With a comprehensive marketing strategy and consistent effort, this year's marketing work helped us grow our reach, engage people in our initiatives, and bring our community closer to the heart of what we do.



'Taste the Christmas Magic'
fundraising event

“Love at First Bite” Valentine’s Fundraiser



By Chef Erik Heikkila

Love at First Bite Fundraising Campaign

Order our Valentine's Meal Kit
at \$75 for two
and enjoy a restaurant-quality
festive dinner at home!

Meals on Wheels (Sudbury)

Love at First Bite Fundraising Campaign

ORDER TODAY



Raising funds for our partner United Way through Dress-Up Days



**I'm dressed
this way
for United Way!**

Meals on Wheels (Sudbury)



Kitchen Crew Appreciation Day



**National Food Service
Workers Day**





March for Meals 2025 Community Champions Week.

**Josh & Coop,
Pure Country Radio**

*March for Meals 2025,
Community Champions
Week. Pictured left to
right: Paul Lefebvre,
Mayor, Jesse Oshell,
Deputy Fire Chief,
Tammi Lear, Executive
Director, Michelle
McCullough, Operations
and Volunteer
Supervisor, Jonah
D'Angelo, Board
Member, Craig
Lawrence, Assistant
Deputy Fire Chief.*



OCTOBER 1, 2024



**HEALTHY
AGING FAIR**

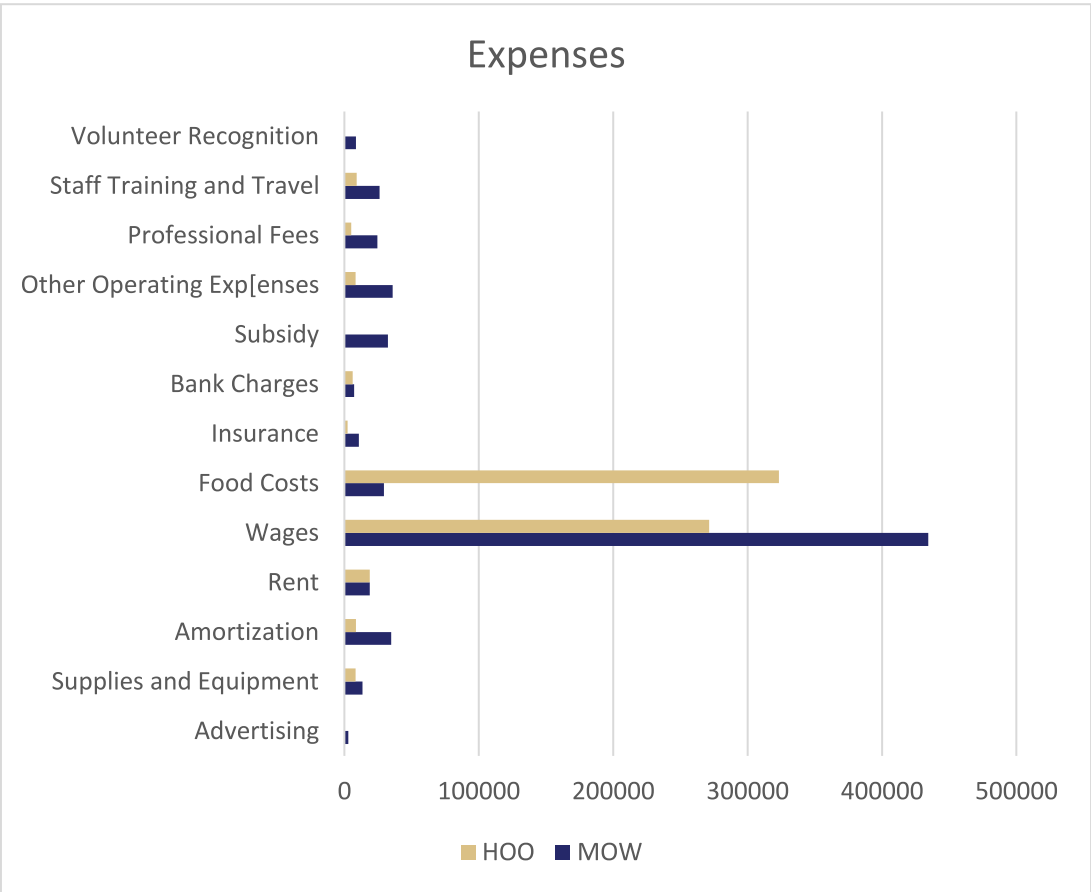
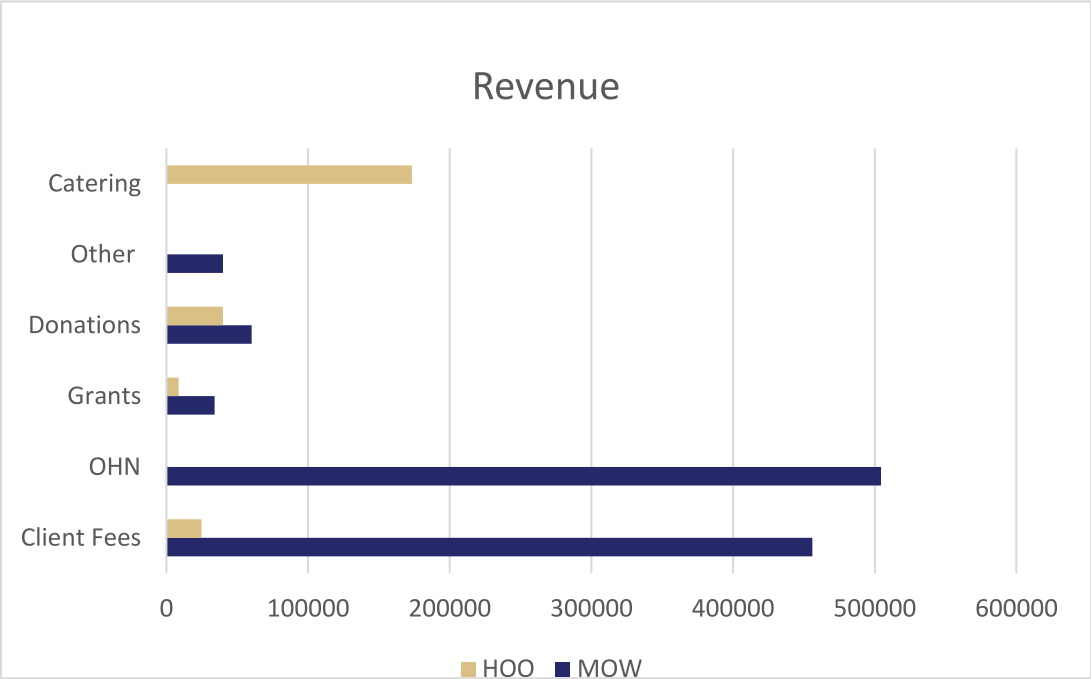
Healthy Aging Fair.

Paul Courville,
Coordinator,
Client Services

**“Take Your
Kid to
Work Day”**
Corporate
Event



FINANCIAL REPORTS



For more detailed financial reports, please visit sudburymeals.org

OUR TEAM

Board of Directors

Tiffany Cecchetto	Chair
Ashley Thomson	Vice Chair
Jonah D'Angelo	Second Vice Chair
Corissa Vande Weghe	Treasurer
Natalie Parent	Director
Abdullah Masood	Director
Julie Lacroix	Director
Zach Huckstep	Director
Joline Gaudette	Director
Sara Balagh	Director
Harvey Wyers	Director
Patrick Shay	Director
Jordan Greenough	Director
Rajul Saleh	Young Leader on Board

Staff

Tammi Lear	Executive Director
Michelle McCullough	Operations and Volunteer Supervisor
Martin St. Jacques	Receptionist
Paul Courville	Client Coordinator
Kim Agostinucci	Programs Assistant
Maryna Omelianovska	Marketing Coordinator
Erik Heikkila	Kitchen Coordinator
Chris Ritch	Food Service Worker
Shelby Ozbourn	Food Service Worker
Bernard St. Louis	Food Service Worker
Raj Yadav	Food Service Worker
Tristan Anger	Food Service Worker
Lori Saur	Food Service Worker
Shelley Tait	Transportation Clerk
Bernie Chretien	Transportation Clerk
Will Spratt	Transportation Clerk
Tammy Martel	Transportation Clerk
Dana Senior	Transportation Clerk





At Meals on Wheels (Sudbury), our administration team is the backbone of daily operations. Each of us brings a unique role to the table—coordinating volunteers, assisting clients, managing communications, supporting programs, and handling front desk responsibilities. We work closely together, supporting one another and sharing a strong commitment to the people we serve. Whether it's answering a phone call, preparing a delivery list, or planning an event, every detail matters. It's this teamwork and dedication that keep things running smoothly behind the scenes—making sure our clients receive the care they count on every day.

Our Administration Team: Michelle McCullough, Kim Agostinucci, Martin St. Jacques, Maryna Omelianovska, Paul Courville.

Our Transportation Clerks are an essential part of our daily operations—bringing not only meals, but also comfort and connection to our clients. Their day begins at 9:30 a.m., as they prepare their coolers and get ready to head out into the community. Each delivery is more than a drop-off—it's a moment to check in, share a few kind words, and make sure our clients are safe and doing well. Over time, many clerks build strong, trusted relationships with the people they visit. Their steady presence, compassion, and reliability make a lasting difference in the lives of those we serve.

Our Transportation Clerks Team. Pictured left to right: Bernie Chretien, Dana Senior, Tamara Martel, Shelley Tait. Missing Will Sprat.



Tamara has been a transportation clerk for six years—delivering meals and care across a distance equal to five trips around the globe!

We thank you for your dedication and hard work!

OUR VALUES



COLLABORATION

We are committed to working with others to build a healthy community.



PEOPLE

We are committed to supporting the collective value of our clients, volunteers and staff.



WELLNESS

We are committed to pursuing individual and community health and well being.



SUSTAINABILITY

We are committed to pursuing and maintaining an adaptable and accountable organization.

OUR MISSION

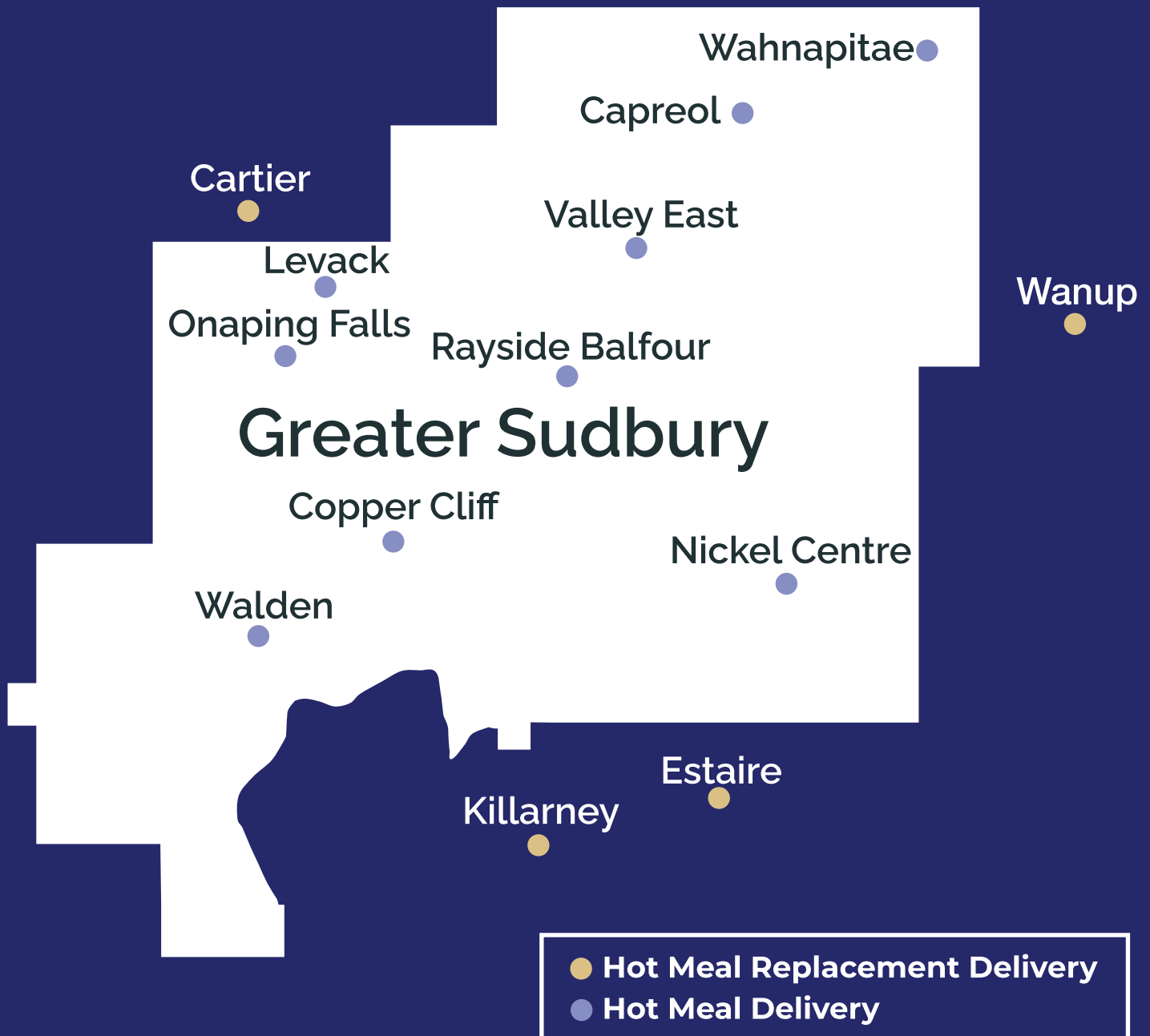
Meals on Wheels (Sudbury) is a community-focused organization embracing volunteerism in the provision of nutritious meals and services.

OUR VISION

A community where all people have access to nutritious meals.

Service Area

Meals on Wheels (Sudbury) proudly serves Greater Sudbury, Valley East, Walden, Onaping Falls, Cooper Cliff, Nickel Centre, Capreol, Rayside Balfour, Killarney, Cartier, Wanup, Levack, Wahnapiatae, and Estaire. We deliver frozen meals to Parry Sound.



IN MEMORY OF PAUL COURVILLE

Client Coordinator | 2014-2025

Meals on Wheels (Sudbury) acknowledges the passing of Paul Courville, who served as our Client Coordinator for over 11 years. Paul passed away on June 2, 2025.

Throughout his time with us, Paul played an essential role in our organization, overseeing all aspects of client intake and support. He was responsible for maintaining accurate client data and statistics—critical to program planning, reporting, and funding—and served as the primary contact for hundreds of clients during his time with us.

Paul's approach to his work was rooted in compassion and integrity. He ensured that every client who came through our doors was welcomed with dignity and care. He listened, adapted, and always went the extra mile to make sure individuals received not only the services they needed, but the human connection they deserved.

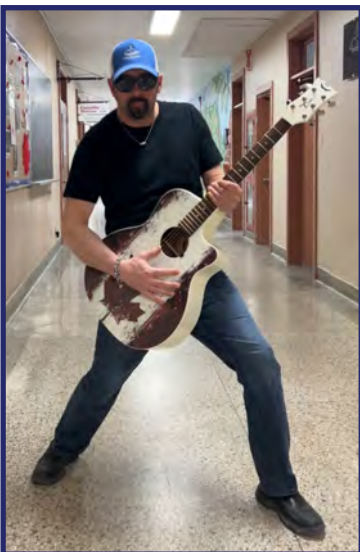
Known for his deep knowledge of our client base, Paul built strong, lasting relationships with both clients and colleagues. Many clients trusted and relied on him—not just as a coordinator, but as a friendly, familiar voice who truly cared. He brought a sense of calm and kindness into every interaction, and his presence shaped the inclusive and supportive culture we value so highly.

Outside the office, Paul was a talented musician in the local music scene and a dedicated hockey coach. He leaves behind his partner Sherri, and his three children, Brady, Kaleb, and Izzy, who were his pride and joy.

His passing is a tremendous loss to our team, our clients, and our community. Paul's impact lives on in the strength of the relationships he built and the care he gave so freely.

We honour his memory and legacy with deep respect and gratitude.

— Meals on Wheels (Sudbury) team



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sudburymeals.org

SCAN TO DONATE



**United Way
Centraide**
North East Ontario
Nord-est de l'Ontario

Ontario 

North East Local Health
Integration Network
Réseau local d'intégration
des services de santé
du Nord-Est

OCSA
Ontario Community
Support Association
United in our commitment to care

