

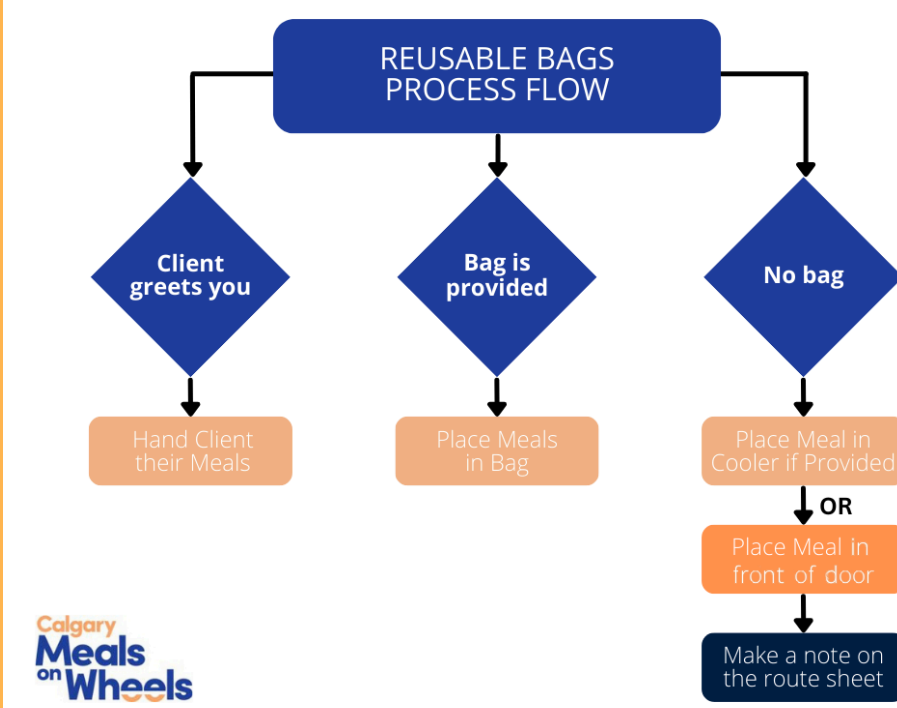
### Important Announcement

Effective Friday, March 1, 2024, we will be switching from plastic bags to reusable bags.

Volunteers will receive reusable bags to distribute to clients along with their meal(s) the week of February 26.

Effective March 1, if clients are not able to receive their meal(s) at the door they will hang their reusable bag on the outside of the door for volunteers to place meals into. If the reusable bag is not hung on the door, please leave meals by the front door.

For clients who have made alternate arrangements for delivery of their meals (indicated on route sheet) those arrangements will continue.



Holiday Closures - No Meal Delivery on the Following Dates:

FEB 19 (MON) OFFICE CLOSED  
MAR 11 (MON) OFFICE CLOSED  
MAR 29 (FRI) OFFICE CLOSED

### Quick Reminders

#### Save the Date

We will be hosting our Spring Volunteer Luncheon on April 10th, 2024. Stay tuned for more details!

#### Route Sheet Lock Box Locations



Royal Canadian Legion      Killarney Glengarry Community Centre      Foothills Mennonite Church      Southwood United Church

#### Open Routes

The open routes change daily, so please check regular and sign-up using these links:

North Routes: [HERE](#)

South Routes: [HERE](#)

Just by being a volunteer we know you are deeply committed to fighting food insecurity in our community, and you can continue to do just that for years to come. Consider leaving a gift to Calgary Meals on Wheels in your will. It's easier than you think! [Click here for more info.](#)

#### OH&S New Co-Chair

Christine Hentschel has taken over as co-chair of the OH&S Committee. As volunteer workers, if you have concerns with the member changes or would like to dispute who is on the committee, please reply to this email by February 23. If no disputes are stated within this time frame, it will be assumed that the vote has passed, and the new co-chair is approved. \*There is no need to reply to this email if you have no concerns.\*

### Upcoming Events

**YYC Hot Chocolate Fest** - There is still time to get in on Calgary's biggest food festival! YYC Hot Chocolate Fest runs the entire month of February and feedback on this years submissions have been excellent! Check out our Instagram for your chance to win some great prizes, and scope out which vendors you want to visit. Stay tuned to the YYC Hot Chocolate Fest [website](#) and [social media](#) for updates.



### Volunteer Spotlight: The Ferguson Family



The family that volunteers together, stays together! Mom Laura first joined our volunteer ranks in March of 2020. Then her children came on board, one by one, as part of their Duke of Edinburgh Award requirements. Sadie joined in June 2021, Gavin September 2021 and Karli December of 2022. Dad Ryan has even joined the Ferguson Family Team to assist with driving when needed. Knowing her children's school schedule, Laura books PD Days and lots of days in the summer.

If you are interested in developing volunteerism in your children, please reach out. We'd love to encourage this in your family!

We truly appreciate the Ferguson's family commitment, dedication and passion for our organization!

### Welcomes & Anniversaries

#### February Milestone Anniversaries:

**25 Years:** Patrice S. **22 Years:** Nona F. **20 Years:** David B. **19 Years:** Holy Name Parish **18 Years:** Bob H. **10 Years:** Kevin and Michelle H. **5 Years:** Marianto H. **1 Year:** Megan A., Jannette M., Peter S.

#### A warm welcome to our newest volunteers:

Antonio E. Percy B. Daniel F. Anson C. Duval L. Bruce D. Tora B.

#### Day of Caring Groups that happened in December:

Northwest Tank Lines  
Scotiabank  
RBC

Wishing you all a wonderful 2024!

### Your Impact...

#### Monthly stats

25,701 Meals were delivered in January  
271 Volunteers delivered meals  
11 Birthday gifts were delivered  
98 Bouquets were delivered

Calgary Meals on Wheels

(403) 243-2834 | [info@mealsonwheels.com](mailto:info@mealsonwheels.com) | [mealsonwheels.com](http://mealsonwheels.com)

Stay Connected!

