

THE DIFFERENCE YOU MAKE THROUGH FOOD.

“We took care of our daughter, and you took care of us.”

– Frannie



YOU CHANGE FAMILIES' LIVES.

Dear The McLean Foundation,

We just love partnering with you. Our food provision for families soared yet again in 2024, and thanks to you, it's been possible to scale up this support. Families navigating childhood cancer and blood disorders consistently tell us that the provision of meals and snacks changes their whole experience for the better.

A simple, everyday offering that reassures people in their hardest moments that they are being held and resourced by a community that cares. This work really matters. We're so glad to be doing it with you, and we would love to continue to grow our partnership with you in 2025.



Leslie Grover, WCK Board Chair



YOU HAVE FED KIDS AND PARENTS IN THE HOSPITAL.

We learned from families that the WCK meal and snack options meant their children on treatment always had something palatable and tasty available to eat, as soon as they felt able to eat. This sustained them through treatment and helped to overcome the impact of treatment on their appetites.

Parents kept telling us that WCK meals were their own personal “lifesaver meals.” Being able to nourish themselves, and knowing that a community around them cares for their wellbeing, meant the world to them.



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It's difficult to get to the grocery store while also being present with your sick child. Food isn't the priority, and yet, it's key to a successful recovery.

Oncology parent



WE DELIVERED

485

**MEALS & SNACKS
TO HOSPITALS
EVERY WEEK**



APPROXIMATELY

1,200

**CHILDREN AND
FAMILY MEMBERS
ATE A WCK MEAL IN
2024**

YOU HAVE MADE LIFE BACK AT HOME SO MUCH EASIER.

Your support meant that we lessened the burden for **200 family members** who were adjusting to life back at home, by keeping their freezers filled with nourishing meals. Thank you for relieving their mental and physical load. You equipped them to spend more quality, stress-free time together and to focus on caring for their kids.



WCK removed a huge pressure, because we didn't have family nearby to fill in the gaps. I was isolated and exhausted, so having people take care of me through food – so that my attention could be on my child – was incredible.

Oncology parent



360

**BOXES WERE
DELIVERED TO
HOMES ACROSS
BC IN 2024**



6,500

**FAMILY MEALS
WERE DELIVERED
IN 2024**



Levi and his mom and dad enjoying a meal together at home

WHY THIS MATTERS

Childhood cancer research shows that:

- Families incur an average \$28,000 in costs within the first three months of diagnosis. ([University of Toronto](#))
- More than half of mothers had to relinquish their jobs. ([University of Toronto](#))
- Caregivers are thrown into a “state of severe suffering” because of “radical daily life changes.” ([Nielsen et. al, 2024](#))

Immediate practical support can “significantly improve the functioning of the parent...a child’s illness does not always have to be associated with a long-term emotional crisis.” ([Lewandowska, 2023](#)) Caregivers are with their child 24/7 in the hospital for weeks, sometimes months or years, without easy access to food. This has a huge impact on their physical health, wellbeing, and ability to support their child. Before WCK’s food provision, parents shared that they were surviving off of crackers and banana bread in their child’s room. Children on treatment also have unique needs:

“Kids go from having no appetite to feeling ravenous within minutes; we can provide a WCK meal when they feel able to eat. Kids have fasted for over 12 hours for procedures. Families are transferred when it’s too late to order hospital food for their child. This is when we’re most thankful for WCK.” – Oncology Nurse, BC Children’s Hospital

Gas, parking, and medication quickly add up, and many families are struggling financially. This is exacerbated by the current rising food prices, especially for families where caregivers have had to leave work to care for their child. One family shared with us that they were \$70,000 in debt by the time their son passed. Another dad shared that he had taken on three jobs to try and meet his family’s mounting costs, severely restricting the time he could spend with his child in hospital.

Several parents have described their first WCK meal as their “lifesaver meal.” One caregiver shared, “As a single mom, **this support left me feeling taken care of and sustained, so that I could take care of and sustain my boy.**” – Oncology Parent

WHY THIS MATTERS



During treatment, we often had WCK meals when clinic days ran long. While inpatient, we sometimes needed late night meals – finding the frozen meals in the freezer made things much easier. Not only did the meals fill us up but they helped the financial burden of cancer.

After our daughter's death, it was difficult to find the energy some days to cook. The Nourish at Home program has helped make sure we didn't just eat fast food on those hard days. The chicken pot pies and mac and cheese are faves at our house and they feel and taste more like a home cooked meal than take out.

We cannot say thank you enough.

– Oncology Parent

FOOD SUPPORT...

PROVIDES A BREAK

“Between treatment, loss, and now well into grief, WCK Nourish at Home meals have meant we get to take a break from groceries, prep, garbage, and dishes. **My brain truly gets to rest while my family gets fed.**”

REMOVES WORRY

“Ending up at BC Children's so my son could receive life-saving treatment was a **complete upheaval of our lives**. Being here for months was unexpected, and having meals and snacks right here has made my life easier. **I don't have to worry about what to eat while funds are tight and my mind and body are done for the day.**”

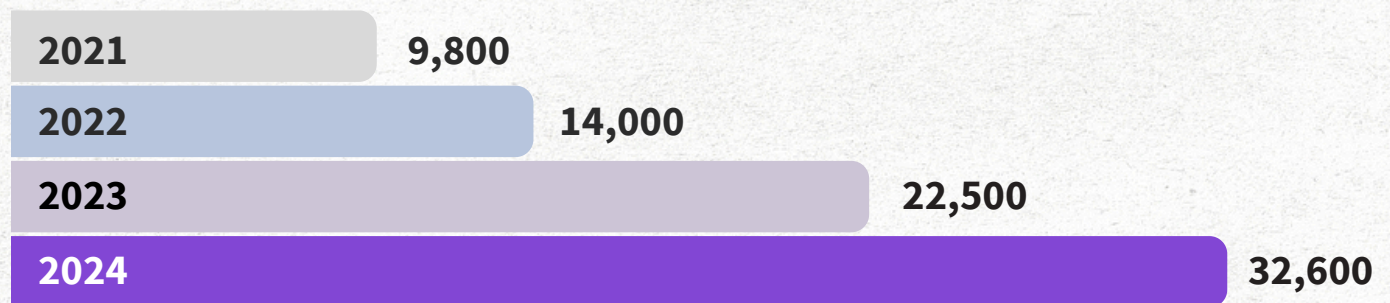
MAKES SURE THE FAMILY IS FED

“Some days you are out of energy completely. You are just drained emotionally and physically. But you still need to take care of your family. **It's so helpful that on those most difficult days, I can just open the freezer and feed my family.**”

WE'VE DONE MORE THAN EVER.

The need for food support has increased exponentially in recent years. **Thanks to you, we've been able to deliver more** – more meals, more variety, and more fresh food – to families in cities across British Columbia.

UNITS OF FOOD



Fresh food has been a frequent request from families. Through our Smoothie Sundays program, we've blended over **800 custom-made smoothies** and created **500 veggie packs** for inpatient families.

Comfort food looks different for different people, so we work hard to provide as much variety as possible. **In 2024, with your support, we were able to offer 65 different meal options for families to choose from.**



Our goal is to support families across the whole of B.C. **Our meals and snacks have travelled over 100,000 km to reach families at the hospital and at home.**

WE LOVE DOING THIS WITH YOU.

Families face tens of thousands of dollars of additional costs only a few months into treatment. From diagnosis onwards, their lives are thrown into disarray. Immediate practical support and provision significantly improves their functioning and their long-term outcomes, and the WCK community is stepping up to make sure this support is a reality.

In partnership with The McLean Foundation, we're meeting vital everyday needs for families. Thank you for the lifechanging impact you make.



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I want to say a heartfelt thank you to everyone who has given to WCK. It really does change our experience. The amount you can pack in that freezer is incredible, and the impact for families like ours multiplies over many times.

Oncology parent

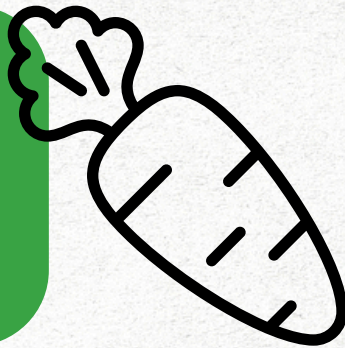
WHAT WE NEED TO DO NEXT

Manage rising food and delivery costs



Achieve funding to manage a 5-6% cost increase

Respond to the demand for fresh food



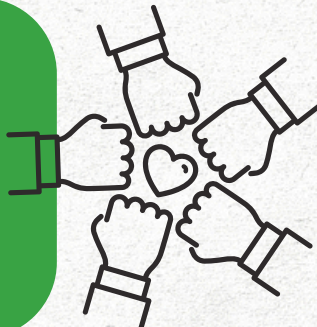
Increase provision of veggie packs by 40%

Sustain the increased meal provision of 2024



Maintain program coordination to prevent exhausted freezer stocks

Build logistical capacity to ensure resilience



Invest in volunteer coordination – build a robust team to pack, sort, and deliver more meals

WCK.

WEST COAST KIDS
CANCER FOUNDATION

