LSS Meals

May, 2021

WHAT IS LSS MEALS?

- We are one of the largest nutrition providers in the state of Minnesota. LSS Meals provides congregate dining and meals on wheels’ services in 165 rural communities in 39 Counties throughout Minnesota. In addition, we provide youth meals at over 25 sites throughout Minnesota. In 2021 we provided over 1.45 million meals. In the past 45 years we have served over 35 million meals to individuals throughout Minnesota.

- LSS Meals has offered older adults, ages 60+, the opportunity to live healthier, more active, and independent lives by providing them with affordable and nutritious meals, social connections with others, and education and recreational activities. Due to requests from our rural community partners we have expanded to service youth through early childhood meals and meals for afterschool and summer programming for school aged children.
YOUTH MEALS

LSS Meals has three registered dieticians on staff that create menus that follow the following programs: Older Americans Act, CACFP, HEPA, NABYC, and the National School lunch program.

Have 31 kitchens throughout the state of Minnesota with 5 additional kitchens being developed in the next five years. Tentative locations include Duluth, Moorhead, St. Paul, Rochester and St. Cloud.

In January 2021 we opened a kitchen in North Minneapolis focused solely on producing Youth Meals. Currently it produces and delivers 2,000 – 2,500 meals daily.

We currently have vendor contracts with Adult Day, Head Start, Child Care Centers, After School, Summer Meal, and School programs.

WHAT IS AHEAD - LOOKING INTO THE FUTURE

- 5 Year Plan - We have created an internal 5 year plan to grow from serving 1.48 million meals annually to 8 million meals annually.

- Building 5 additional kitchens in the next five years. Currently have a kitchen in Red Wing that is set to open in the next 6 months. Also looking at kitchens in the following communities: Duluth, Moorhead, St. Paul, St. Cloud and Rochester.

- Developing cultural menus that meet the needs of the diverse populations in Minnesota. Currently we are working with a local restaurant owner in Willmar to develop a Hispanic / Latino menu. We hope to replicate this work to meet additional ethnic needs.

- Develop additional relationships with food source vendors to make sure we are getting the necessary products. We have made investments in acquiring software to meet the needs of our Youth Meals and we continue to work with that software to ensure that the sites have all the necessary information and we are able to provide meals that meet all the food restrictions and allergies at each site.
- **Congregate Dining (LSS Bistros)** – We currently have over 100 Congregate dining locations throughout the state of Minnesota. These are in-person dining locations for individuals to come and share a meal and enjoy some good conversation.

- **Home Delivered Meals** - We have 45+ years of experience in delivering meals right to the homes of people who are homebound. This could be because of age, disabilities or circumstances such as COVID or recovering from a hospital stay.

- **Meals to Go**: We began shipping frozen meals throughout Minnesota in early 2019. Throughout that year we shipped just over 3,000 meals. During the last year we have increased this service of 3,000+ meals shipped a month. Anyone on AC/EW or CADI waiver can have meals delivered directly to their homes. In addition, we are partnering with Health Care providers, group homes, etc. to ship meals into communities throughout Minnesota.

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**LSS MEALS: MEETING THE NUTRITION NEEDS FOR MINNESOTA**

- During COVID the State of Minnesota asked us to assist in providing meals to Tribal Nations facing food insecurity. We provided 108,000 meals to over 3,000 individuals in 27 days.

- We received a grant from the Minnesota Department of Education to hold distribution events throughout the state of Minnesota to all ages. We distributed an additional $100,000 meals over three months. These regular distribution events have continued throughout 2021 and 2022 at several locations throughout the state of Minnesota.
KITCHENS

In response to increased catering costs and efficiencies that can be managed in our own kitchens we started to look at creating bigger kitchens that could service multiple sites and produce a higher amount of meals.

While we have several kitchens throughout Minnesota, we opened our first production kitchen in Eagle Bend in early 2018. This location service multiple communities and is also the base of our Meals To Go program.

We secured funding through a private donor to open a 2nd production kitchen in Waterville in 2020.

With the LSS purchase of Christ the River of Life church in Minneapolis we began talking about how LSS Meals can utilize this kitchen. We began talking with Youthprise to provide meals to afterschool and summer youth programs. We also bid a YMCA contract to provide early childhood meals to their program. CROL church opened in January of 2021 and we began serving 1,800 youth meals a day.

In 2021 we opened two additional kitchens. One in Litchfield and one in Spicer. These will service a large area in which we previously had no LSS Kitchens.

In the next five years we plan to open five additional kitchens. A kitchen in Red Wing is under construction and is set to open in 2022. Some potential communities targeted for kitchens include Rochester, Duluth and Moorhead, St. Paul and St. Cloud.

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