

IMPACT THAT MATTERS

More Than A Meal

Meals on Wheels provides older adults with food security, connection, and safety — often serving as the only point of contact they receive that day.

We deliver a lasting impact.

IN OUR CONSUMERS' WORDS:

- 90% eat healthier foods because of Meals on Wheels
- 83% stated that they have achieved or maintained a healthier weight.
- 87% continue to live independently at home and consider Meals on Wheels an integral reason for that.
- 81% state that the meals have improved their overall health.
- 89% agreed that because they attend the meal site, they feel less lonely.
- 42% of congregate recipients stated that if not for the meal they would not have enough food.



**OVER 500,000 MEALS
DELIVERED EACH YEAR!**

INCLUSIVITY AT THE TABLE

- We provide over 67,000 home-delivered meals and more than 4,000 congregate meals to older adults from minority populations — ensuring culturally responsive nourishment reaches those who need it most!
- Daily Hot Meals including Kosher, Latino, and Vietnamese options that honor culture and identity.
- Frozen & Therapeutic Meals — tailored for diabetes, heart health, renal needs, vegetarian diets, and modified textures.
- Community Meal Sites offering Latino, Chinese, Vegan/Vietnamese, Indian, and traditional options — places where food meets friendship.

Together, we make independence possible.