

A PERSONAL AND VALUABLE LIFELINE THAT NEEDS YOUR SUPPORT

GIVE NOW



DELIVERING SO MUCH MORE THAN JUST A MEAL

Meals on Wheels has been guided by a single goal since the first known U.S. delivery by a small group of Philadelphia citizens in 1954 – to support our senior neighbors to extend their independence and health as they age. What started as a compassionate idea has grown into one of the largest and most effective social movements in America, currently helping nearly 2.4 million seniors annually in virtually every community in the country.



THE OLDER AMERICANS ACT NUTRITION PROGRAM IS THE ONLY FEDERALLY SUPPORTED PROGRAM DESIGNED SPECIFICALLY TO MEET THE NUTRITIONAL AND SOCIAL NEEDS OF SENIORS

Community-based senior nutrition programs are welcomed into the homes of our nation's seniors with every meal delivery. Many Meals on Wheels programs also manage congregate nutrition sites – such as senior centers – which provide more mobile seniors the opportunity to socialize.

nutrition program participants:	<i>delivered</i>	<i>Congregate</i>
Are 75 or older	62%	53%
Are women	64%	65%
Live alone	58%	51%
Are veterans	15%	12%
Live in rural areas	32%	34%
Self-report fair or poor health	50%	28%
Take 3+ medications daily	87%	68%
Do not have enough money to buy food	33%	17%
Report 3+ medical conditions	90%	85%
Are Black or African American	19%	12%
Are Hispanic or Latino	7%	11%
Are Native American/Alaskan or Hawaiian/Pacific Islander	5%	3%



FREQUENT IN-HOME VISITS PROVIDE UNIQUE OPPORTUNITIES TO MEET NUTRITIONAL NEEDS, COMBAT SOCIAL ISOLATION, ADDRESS SAFETY HAZARDS AND PROVIDE HOLISTIC CARE



9 OUT OF 10
say Meals on Wheels helps them live independently



Daily home-delivered meals help keep **8 OUT OF 10 RECIPIENTS** who have previously fallen from falling again

A typical meal meets the dietary guidelines set by the Older Americans Act Nutrition Program. Meals are often tailored to meet medical needs and cultural preferences.

2 OUT OF 3 RECIPIENTS
report the meals make up half or more of all food eaten that day

8 OUT OF 10 RECIPIENTS
say they see their friends more often because of the congregate meals



58% of home-delivered meal recipients live alone, and for many of them, **the person delivering the meal is often the only person they will see that day**

MEALS ON WHEELS PROVIDES A COST-EFFECTIVE SOLUTION THAT SERVES US ALL

5 OUT OF 10 RESPONDENTS SAY MEALS ON WHEELS RECEIVED AT HOME IMPROVED THEIR HEALTH



1 YEAR



1 DAY



10 DAYS

MEALS ON WHEELS CAN SERVE A SENIOR FOR AN ENTIRE YEAR FOR ABOUT THE SAME COST AS JUST ONE DAY IN A HOSPITAL OR 10 DAYS IN A NURSING HOME

LEARN MORE ABOUT US



HOW MEALS ON WHEELS IS FUNDED

Funding sources for local Meals on Wheels programs vary based on the needs and resources of the community, are made up of federal, state, local and private dollars. This hybrid funding model makes Meals on Wheels a successful public-private partnership that needs to be bolstered to keep up with the growing demand.

[LEARN MORE](#)

MEALS ON WHEELS HEALTH

Meals on Wheels Health is an initiative of Meals on Wheels America that brings together the nationwide Meals on Wheels network in support of the healthcare system's achievement of its triple bottom line goals. We can accomplish this because of our trusted and unique ability to cross the threshold into seniors' homes, giving us the advantage to better assess and deliver on the individualized needs of high-risk and special needs beneficiaries.

[LEARN MORE](#)



FACTS & RESEARCH

At Meals on Wheels America, we engage in research to demonstrate the impact and value of Meals on Wheels programs that are addressing hunger and isolation among millions of seniors each year. This work supports our commitment to ensuring that local programs have the tools and resources they need to meet the growing demand for services in their communities.

[EXPLORE THE FACTS](#)

[LEARN ABOUT OUR RESEARCH](#)



ABOUT MEALS ON WHEELS AMERICA

Meals on Wheels America is the leadership organization supporting the more than 5,000 community-based programs across the country that are dedicated to addressing senior isolation and hunger. By providing funding, leadership, education, research and



advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time.

[LEARN MORE](#)



THE MEALS ON WHEELS MOVEMENT STARTS WITH YOU

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