DELIVERING SO MUCH MORE THAN JUST A MEAL

MEALS ON WHEELS IS THE ONLY FEDERALLY SUPPORTED PROGRAM DESIGNED SPECIFICALLY TO MEET THE NUTRITIONAL AND SOCIAL NEEDS OF SENIORS

Community-based Meals on Wheels programs are welcomed into the homes of some of our nation’s most at-risk individuals with every meal delivery.

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<td>59% of home-delivered meal recipients are 75 or older</td>
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<td>69% are women</td>
<td>15% are veterans</td>
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<td>59% live alone</td>
<td>25% live in rural areas</td>
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<td>35% live at poverty level</td>
<td>28% are a racial and/or ethnic minority</td>
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<td>46% self-report fair or poor health</td>
<td>82% take 3+ medications daily</td>
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MILLIONS OF VOLUNTEERS enable 225 MILLION MEALS to be delivered to 2.4 MILLION SENIORS each year

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

Meals on Wheels helps 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.

SERVING SENIORS ALONG THE CONTINUUM OF NEED

Many Meals on Wheels programs also manage congregate meal sites – such as senior centers – providing more mobile seniors the opportunity to socialize with friends and neighbors.

9 OUT OF 10 RECIPIENTS say Meals on Wheels helps them feel more secure

9 OUT OF 10 RECIPIENTS SAY THE SERVICE IMPROVES THEIR HEALTH, thus positioning Meals on Wheels well to work alongside healthcare providers to deliver better care while reducing costs.

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

For the 59% of recipients who live alone, the person delivering the meal is often the only person they will see that day.

9 OUT OF 10 RECIPIENTS SAY THE SERVICE IMPROVES THEIR HEALTH, thus positioning Meals on Wheels well to work alongside healthcare providers to deliver better care while reducing costs.

1 YEAR = 1 DAY = 10 DAYS

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

Information data sources available at www.mealsonwheelsamerica.org/facts. © August 2018 Meals on Wheels America