

# DELIVERING SO MUCH MORE THAN JUST A MEAL

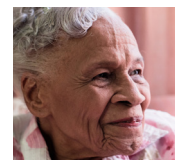


UNITED STATES 2019

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

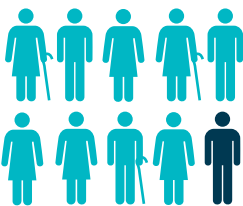
Community-based Meals on Wheels programs are welcomed into the homes of some of our nation's most at-risk individuals with every meal delivery.

79% of home-delivered meal recipients are 75 or older	
69% are women	15% are veterans
59% live alone	25% live in rural areas
35% live in poverty	28% are a racial and/or ethnic minority
46% self-report fair or poor health	82% take 3+ medications daily



MILLIONS OF VOLUNTEERS enable **220 MILLION MEALS** to be served 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



**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.



59% 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**

### 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.

**IN FACT, 8 OUT OF 10 RECIPIENTS SAY** they see friends more often because of congregate meals

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

**9 OUT OF 10 RECIPIENTS SAY MEALS ON WHEELS RECEIVED AT HOME IMPROVES THEIR HEALTH**



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