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
59% live alone
35% live in poverty
46% self-report fair or poor health

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

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.

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

Information data sources available at www.mealsonwheelsamerica.org/facts, © September 2019 Meals on Wheels America