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.

Frequent in-home visits provide unique opportunities to meet nutritional needs, combat social isolation, address safety hazards and provide holistic care.

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.

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

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

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.

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

9 OUT OF 10 RECIPIENTS say Meals on Wheels received at home improves their health.

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

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