

2026 NATIONAL SNAPSHOT

The Escalating Issue of Senior Hunger and Isolation

The Meals on Wheels network is comprised of approximately 5,000 community-based providers across the country dedicated to addressing senior hunger and isolation. But with growing demand and rising costs, many seniors are left waiting for nutritious meals and moments of connection. The need has never been greater, but together, we can End the Wait.



Our nation's senior population is growing and changing rapidly.



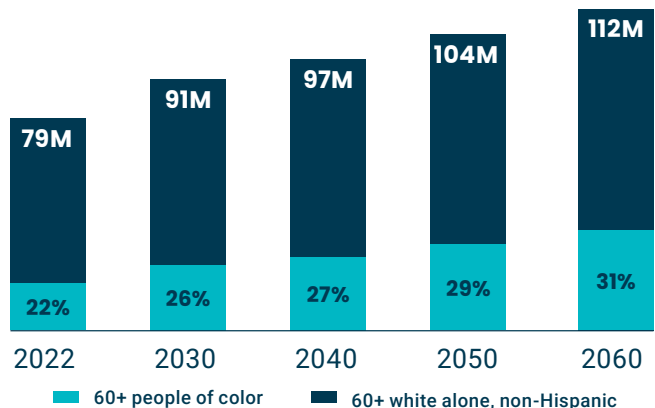
1 in 4 Americans is 60+
with 11,000 more turning 60 every day

Among Americans 60 and older:

29% have a disability **25%** live alone **11%** are veterans

This population is set to reach 91 million by 2030, with 112 million expected by 2060
– increasing the number of seniors today by nearly half.

Older Americans of color will continue to make up an increasingly larger portion of this population.



Older Americans are living longer with less money.



12 million older adults face financial challenges that impact their ability to age at home.



1 in 2 seniors living alone lacks the income to pay for basic needs

Seniors are at greater risk of hunger and malnutrition.

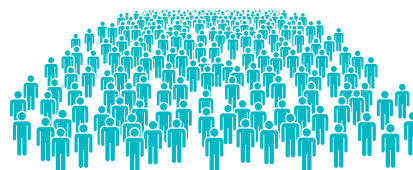


Food insecurity disproportionately affects older adults of color:

- 19%** of Hispanic seniors
- 19%** of Black seniors
- 13%** of seniors who identified as Asian American, Pacific Islander, Native American or multiracial
- 8%** of non-Hispanic seniors
- 8%** of white seniors

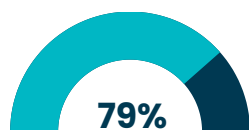
Older adults are already at higher risk of malnutrition due to decreased appetite, mobility issues, prescription medications and more.

The Meals on Wheels solution starts with the meal...



and delivers on so much more.

of home-delivered meal participants:



say the meals help **improve their health**



say the services help them **feel more secure**



say the meals help them **live independently**

HELP US END THE WAIT. FUND AND SUPPORT MEALS ON WHEELS.