



# meals<sub>on</sub>wheels

by acc

## 2022 ANNUAL REPORT

We're proud to share this Annual Report which tells the story of how we continued to meet the increased demand for meals brought on by the pandemic, while starting to reopen our congregate sites and return to pre-pandemic operations. We built on changes we had to make, with new partnerships, new community support, and reimagining how we provide service. In our 12 years of operations, Meals on Wheels has served **6.5 million meals**, touching the lives of seniors throughout Sacramento County.



"I see my friends, we eat lunch and laugh and talk. I go home happy."

2022



595,717

Meals Served



4,100

TO

Participants

### VOLUNTEERS

- Volunteers are the heartbeat of Meals on Wheels.
- We are building back our volunteer program. In 2022, 190 of our regular volunteers provided 13,563 hours of service!
- Volunteers deliver meals, re-pack pet food, pick up flowers, help at curbside pick-ups, serve meals in cafes, check our vehicles, assemble safety equipment, fold our newsletters, make phone calls, and more!
- Corporate and group volunteers - realtors, banks, scouts, and other local businesses - support our participants by bagging commodities, hosting pet food drives, and making small gifts like cards and placemats.



13,563  
Hours  
of Service



"I am an 80 year-old veteran, and if I don't cook, I don't eat. What you are providing is a godsend to me. Thank you."

### FINANCIALS 2021-2022



TOTAL ASSETS

\$6,191,231



TOTAL LIABILITIES

\$1,095,895



TOTAL NET ASSETS (EQUITY)

\$5,095,336

TOTAL REVENUE  
\$8,211,930

TOTAL EXPENSES  
\$8,389,229

NET INCOME  
(LOSS)  
(\$177,299)

Fiscal Year  
July 1, 2021 - June 30, 2022  
(Unaudited)

- Seven restaurants in targeted neighborhoods.
- 200 active participants.
- Partnerships helping local small businesses.

## HOME-DELIVERED MEAL PROGRAM

- Meals on Wheels began a partnership with locally-owned and operated Brick House Restaurant and Catering, now our primary meal provider. The meals brought the level of taste, freshness, and quality to a new level, and give participants something delicious to look forward to each day.
- We are proud to provide these quality meals, and to support this local family owned and operated business.
  - 14 of 21 routes resumed daily hot meal delivery.
  - 200 dogs and cats served through our AniMeals pet food program.
  - Generous community donations during the holidays to Project Warm Wishes meant that all participants received gifts.



**"I am so grateful. Because of my health issues, I was struggling with getting groceries. You guys are keeping me alive."**

Meals on Wheels Participants	Home-Delivered	Congregate
Are aged 85 or older	29%	24%
Are women	54 %	47%
Live alone	49.5 %	32.3%
Live at or below Federal Poverty Level	43%	79%
Are at high risk nutritionally	45%	10%
Are Asian/Asian American	6%	18%
Are Black/African American	17.5%	10%
Are White/Caucasian	55%	30%
Are Hispanic/Latino	11.7%	11.6%
Are Native American or Hawaiian/ Pacific Islander	1%	1%

- Four Cafes re-opened for sit-down service, Monday-Friday.
- Eleven curbside sites open, serving about 1500 seniors with weekly meal pick-ups.

## CASEWORKERS

- Caseworkers complete initial assessments and re-assessments of all home-delivered meal participants through home visits and phone calls.
- They also provide referrals for more resources:
- Rebuilding Together: 22 referrals and phone calls made throughout the year for installment of safety equipment
- Adult Protective Services: 64 referrals
- Welfare Checks: 134 referrals



**Social connections:** More than 109,000 "contacts" with homebound seniors through daily or weekly meal delivery. Our delivery drivers are the eyes and ears that help keep these isolated seniors safe.

**"Thank you for all you do for us seniors. It's a blessing."**



# THANK YOU

Meals on Wheels by ACC would like to express sincere gratitude for our Partners: Rebuilding Together Sacramento, Sacramento Food Bank & Family Services, Paratransit, Sacramento Kings, SMUD, Whisker Warriors, and Trader Joe's. Thank you to our donors, volunteers, community members, family members, and local governments and foundations.