



“ My mom is a Meals on Wheels recipient now that she is home bound and no longer has the cognitive ability to plan and prepare healthy meals. Thank you for the wonderful food. I know she is eating a healthy meal that also tastes good. We just wanted you to know that you make a difference.”



# Impact Report 2023

## Message from the President

Meals on Wheels Sacramento County is led by a savvy board of directors, experienced staff, and hundreds of dedicated volunteers. The mission of serving nutritious meals with a friendly smile to seniors in Sacramento County is front and center everyday – that is our purpose!

In 2023, we provided meals to more than 4,100 seniors. There is more to do and many more seniors who need nutritious meals. We are setting our aspirational sights on 2024 and beyond, so no senior goes hungry in Sacramento County.

We are deeply appreciative of our government partners at all levels, who continue to invest in our work. To the thousands of individuals and community groups who generously donate and support us in many ways, and to our volunteers, thank you!

We hope you enjoy reading the FY 2023-2024 annual report. We are proud to share what we accomplished.

— Brian Chin, President of the Meals on Wheels Board of Directors



meals on wheels  
by acc

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AREA 4

# meals on wheels

by acc



“ This program is very important to me. It helps me be social and healthy. The variety of meals is delicious.”

Our mission is to serve nutritious meals with a friendly smile to seniors in Sacramento County.

*Our vision is to ensure that no senior goes hungry in Sacramento County.*

## ● Volunteers

- Almost 300 volunteers support Meals on Wheels, delivering meals, doing office work, calling participants, serving lunch at cafes, doing vehicle maintenance, and more.
- Volunteer delivery driver Teresa Kahl won the Sacramento County 5 over 50 award for her outstanding service to her community.
- Meals on Wheels has a volunteer Board of Directors and standing committees who work in tandem with the executive director and staff.

“ I wanted to thank you and the program for ALL you have done to help keep my father healthy. At times your program was my only eyes and ears into knowing his state of health and well being. Meals on Wheels has been truly a blessing to our family.”

“ Thank you for the meals you bring me. Your delivery person is very thoughtful and supportive.”

## ● Home-Delivered Meals

- Our largest program, Home-Delivered Meals, served 336,451 meals to 2,068 seniors!
- Volunteer and staff drivers deliver a meal, a friendly smile, and social connection.
- Caseworkers make home visits and telephone assessments to focus on providing more resources.
- Caseworkers provide supportive community resources as Cal Fresh, Senior Connection, Rebuilding Together, transportation, food banks, and other nutritional programs.



**In 2023, we served over 441,455 meals to over 4,100 seniors in Sacramento County!**

# Who do we serve?



48%

of those served are ages 70-85



22%

are over 85 years of age



37%

of participants live alone



38%

are at high nutritional risk



47%

of those served are female



71%

are low income

## ● Restaurant Partnerships

- The restaurant partnership program served 19,241 meals to 278 seniors!
- Seniors can dine out on nutritious meals with friends and family.
- Four locally owned family restaurant partners are participating.
- A new focus on serving veterans.

## ● Community Café Program

- Our Café Program served 58,641 meals to 1,466 seniors, including 31,455 drive-through meals.
- The pandemic shuttered our community cafes.
- Today, 13 cafes throughout Sacramento County are back on-line and flourishing.
- Quarterly nutrition education
- More cafes are opening in 2024!

“With deepest gratitude in my heart, I want to thank you for this program that’s helped me, my wife and family.”



**FUN FACT:** In 2023, our volunteers and staff drove about **229,000 miles** to serve our local seniors... Enough go around Earth 9 times!



## Special Programs



### Fresh Produce Program

- Through a grant from the City of Sacramento- we served 10,519 pieces of fresh local fruit!
- Fan favorites were pluots and peaches from Sunrise Orchard, and blackberries and raspberries from Spork Food Hub.



### Project Warm Wishes

- Through generous community donations we provided more than 1,700 gifts to our participants during the winter holidays.
- Major donors are Paratransit, Cavallini Paper & Co, Antelope Lions Club, Nancy Wai-Watanabe and Lynn Hiratsuka, and countless others.



### AniMeals Pet Food Program

- We served 124 dogs and 139 cats approximately 14,196 meals, helping to make sure seniors and their pets can stay together, happy and nourished.
- Scout groups and other organizations host pet food drives throughout the year.



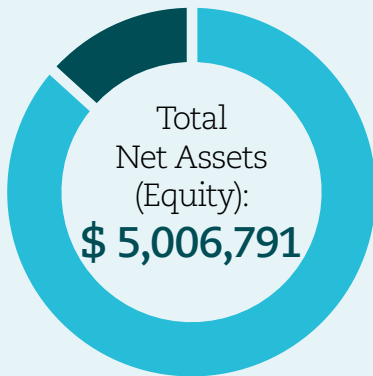


## Partnerships

We are fortunate to work with an incredibly dedicated group of partner organizations, including:

- Brick House Restaurant
- Drewski's Hot Rod Kitchen
- Café Elk Grove
- Sae Jong Restaurant
- Brookside Restaurant
- Sacramento Food Bank & Family Services
- Trader Joe's
- Whisker Warriors
- Rebuilding Together
- Paratransit
- Alchemist INC
- Agency on Aging - Area 4
- Sacramento Housing & Redevelopment Agency
- The cities of Sacramento, Elk Grove, Rancho Cordova, Citrus Heights, Folsom, and Galt, and more!

## Financials (Audited for FY22-23)



**Total Assets:** \$ 6,081,671  
**Total Liabilities:** \$ 1,074,880

**Total Revenue:** \$ 11,358,586  
**Total Expenses:** \$ 11,469,633

## Frontline Statistics



More intakes per month, post-COVID, and continuing to increase



Calls and voice mails responded to by our front-line operations staff each month



“ We feel privileged to be a part of the Meals On Wheels team. Having the opportunity to support seniors in the greater Sacramento area is something our entire family is proud of. “

– Geno Cassella, Co-Owner, Brick House Restaurant

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