

# 2024 IMPACT REPORT

## OVER 7 MILLION MEALS SERVED!

**On Monday, July 15, 2024, Meals on Wheels Sacramento County delivered its 7,000,000<sup>th</sup> meal!**

This milestone was a powerful reminder of how Meals on Wheels profoundly improves the lives of seniors by providing vital nutrition, connection, health, and hope. To celebrate the accomplishment, Congresswoman Doris Matsui joined Meals on Wheels staff to make this landmark delivery in Elk Grove.

For many homebound seniors, their delivery driver is the only human contact they have during the week. Meals on Wheels drivers have become a trusted resource and far more than merely a friendly smile. Meals on Wheels drivers have built rapport with the seniors on their route, and are frequently the first to alert caseworkers of irregularities through regular wellness status checks.

The 7,000,000<sup>th</sup> meal delivery represents millions of times a vulnerable senior, facing hunger and loneliness received food, attention, and benevolence.

Reaching 7,000,000 meals is a testament to trust, consistency, and care. Sacramento County seniors have truly come to rely on Meals on Wheel's consistent level of service, care, and concern for their wellbeing.

YOU have done this! Your continued generosity and support of Meals on Wheels keeps the engine running – vendors prepare nutritious food, drivers deliver the food, and all together - caseworkers and staff tend to the wellbeing of seniors.

From fires to seniors trapped in collapsed beds, because of YOU, Meals on Wheels has literally helped save lives! Not all heroes wear capes, and as the slogan goes: "Meals on Wheels... More Than a Meal!" ●



### SERVING SACRAMENTO COUNTY COMMUNITIES

MEALS ON WHEELS SACRAMENTO COUNTY is a non-profit organization which is partially supported by the Agency on Aging\Area 4, Sacramento County, HUD CDBG funding, and city support funding from Sacramento Housing and Redevelopment Agency, and the cities of Citrus Heights, Elk Grove, Folsom, Galt and Rancho Cordova. Support is also provided by participant contributions, public donations and fundraisers, as well as over 300 volunteers who provide nearly 5,000 hours of service each month.

**THANK YOU ALL SO MUCH!**



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## WHO WE SERVE



**73%**

of participants are low income



**38%**

are at high nutritional risk



**69%**

of those served are ages 70-85



**21%**

are over 85 years of age



**42%**

of participants live alone



**49%**

of those served are female

## HOME-DELIVERED MEALS



Our largest program, Home-Delivered Meals, serves our most fragile seniors – those that are primarily homebound and severely impacted by health issues, rendering them unable to prepare meals for themselves.

- The Home-Delivered Meals program served 359,141 meals to 1,910 seniors
- Caseworkers provide participants with community resources
- Staff and volunteer drivers are the eyes and ears for many of the participants, while delivering meals with friendly smile. For many participants, Meals on Wheels delivery drivers are their only social connection.

**IN 2024, WE SERVED OVER 453,702 MEALS TO MORE THAN 4,001 SENIORS IN SACRAMENTO COUNTY!**

## COMMUNITY CAFÉ PROGRAM



Our Community Cafés offer congregate lunches for seniors at onsite locations providing seniors a nutritious meal and socialization opportunities.

- Our Community Café Program served 80,893 meals to 1,873 seniors
- Sixteen cafés throughout Sacramento County provided seniors an opportunity to share a meal and make new friends
- Cafés provide senior participants with regular nutrition education and tips to stay healthy and thrive

## RESTAURANT PROGRAM



Meals on Wheels Restaurant Program offers seniors delicious, nutritional meals through partnerships with local restaurants.

- The Restaurant Program served 13,668 meals to 218 seniors
- The Restaurant Program provides exciting, culturally relevant food options to seniors from Elk Grove to North Highlands
- Special menus are created for Meals on Wheels participants
- Restaurant Program meals are approved by the Meals on Wheels registered dietitian to help seniors meet dietary requirements



# A MESSAGE FROM OUR EXECUTIVE DIRECTOR

**As the new Executive Director of Meals on Wheels Sacramento County, I want to express my deepest gratitude to you—our loyal donor and partner in compassion.**

In my first year leading this incredible organization, I have been deeply moved by the strength of our community, the generosity of supporters like you, and the competency, dedication, and commitment of our staff and volunteers. Every delivery is more than a meal—it’s nourishment, dignity, and human connection. Every meal served at a Community Café creates powerful moments of friendship and socialization. Every Restaurant Program participant is empowered with independence and choice, while staying connected to their community.

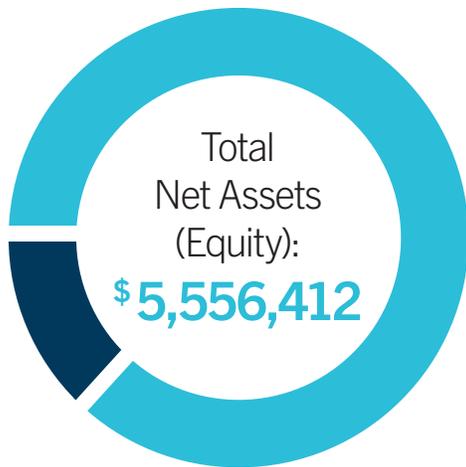
Thanks to your generosity and steadfast support, we’ve provided nutrition, wellness checks, created hubs of community, and provided seniors with a deep sense of belonging that comes from being seen and valued.

As I step into this role, I’m committed to honoring the legacy of service that Meals on Wheels represents, while also looking toward a future of growth and innovation. I believe we can do even more—together—to ensure that no senior in our community goes hungry or feels alone.

You’ve helped keep our wheels turning — literally! Through challenging times, your donations have fueled our delivery vans, filled plates with healthy food, and reminded our clients that they are not forgotten.

Thank you for believing in our mission and for making our work possible. I look forward to sharing stories of your impact in the months ahead. ●

## OUR FINANCIALS (Audited for fiscal year '23-'24)



■ **Total Assets:** \$ 6,682,488  
■ **Total Liabilities:** \$ 1,126,076

■ **Total Revenue:** \$ 11,677,489  
■ **Total Expenses:** \$ 11,127,868

## STATISTICS



New participants added per month in 2024



Calls and voicemails received monthly by our intake team

## THANK YOU TO OUR DONORS

**You are the heart of Meals on Wheels and because of you, seniors in our community didn't have to choose between food and other necessities.** Your generosity provides so much more than a meal — you deliver comfort, dignity, and human connection to seniors throughout Sacramento County. Thank you for making a profound difference in your community. Every meal served, every doorbell rang, and every smile shared, reflects your kindness. *You* make Meals on Wheels possible and for that we thank you. ●

# MEALS ON WHEELS SPECIAL PROGRAMS

## ANIMEALS PET FOOD PROGRAM



Providing pet food for the furry friends of our homebound seniors.

- We provided food for 315 dogs and 226 cats to ensure seniors and their pets can remain together
- Elk Grove Dodge Chrysler Jeep Ram provides a monthly matching donation for all pet food received by Meals on Wheels
- Local Scout groups and civic groups host pet food drives throughout the year

## FRESH PRODUCE PROGRAM



Locally sourced fruit providing balanced nourishment and flavor to our seniors.

- Funded by Ann Land and Bertha Henschel Memorial Fund
- Meals on Wheels distributed 9,250 pieces of fresh fruit in 2024
- Seniors enjoyed pluots, peaches and plums from Sunrise Orchard; blackberries, raspberries and strawberries from Spork Food Hub, along with cherry tomatoes and persimmons

## PROJECT WARM WISHES



Bringing comfort and cheer to senior participants during the winter holidays.

- Meals on Wheels distributed over 2,600 gifts to seniors in 2024
- Local community members donated activity/puzzle books, throw blankets, gloves, and more
- Delta Piecemakers, Cavallini Paper Co., Jamiko & Kay Cooper, Nancy Wai-Watanabe, Ippolito's Trattoria, and many others made the season brighter for those we serve

## PARTNERSHIPS

Our incredibly generous and dedicated partners include:

- ACC Senior Services
- Agency on Aging-Area 4
- Blaisdell's
- Brick House Restaurant & Lounge
- Brookside Restaurant
- Chicken & Waffles
- Cities of Sacramento, Elk Grove, Rancho Cordova, Citrus Heights, Folsom, and Galt
- Drewski's Hot Rod Kitchen
- Elk Grove Dodge Chrysler Jeep Ram
- Golf Tourney Pros
- Rebuilding Together
- Sacramento County Senior Adult Services/APS
- Sacramento Housing & Redevelopment Agency
- Sae Jong Restaurant
- T. Dogg Studios
- Trader Joe's
- Whisker Warriors

## VOLUNTEERS

Volunteers are the heart of Meals on Wheels and touch every aspect of our programs; delivery drivers, Community Café support, office assistance, special events, and more.

- Monthly, Meals on Wheels depends on approximately 315 volunteers that provide over 4,000 hours of service.
- In 2024 volunteer meal delivery drivers drove a total of 89,219 miles – more than three times around Earth at the equator!
- Volunteers help serve almost half a million meals to seniors every year.
- Volunteers that work directly with seniors receive comprehensive training to help equip them to handle multiple situations.

To become a volunteer, please e-mail [volunteer@mowsac.org](mailto:volunteer@mowsac.org) or call us at (916) 444-9533



AGENCY  
ON AGING  
AREA 4