

2025 **IMPACT** **REPORT**

BEYOND THE BADGE

Sacramento Law Enforcement Helps Deliver Meals, Compassion, and Care to Seniors

Sheriff's deputies from the Sacramento County Sheriff's Department and police officers from Sacramento, Elk Grove, Citrus Heights, and Rancho Cordova get a firsthand look at the growing needs of local seniors every two months when they join Meals on Wheels drivers for a "ride-along" on their weekly meal deliveries.



The partnership gives law enforcement an opportunity to connect with vulnerable residents outside of emergency situations. Deputies and officers accompany drivers to deliver meals, provide wellness checks, and spend a few moments visiting with homebound seniors who often live alone.

"For many of these seniors, meal delivery drivers may be the only human contact they have on a given day or week," said Meals on Wheels Executive Director Mindy Klick. "Law enforcement participation helps build trust in the community."

Deputies and officers participating in the "ride-alongs" say the experience offers a different perspective on public service. "We respond to crises every day," one deputy said. "But this is preventative — it's relationship-building. You really realize how much isolation many seniors face."

The Home Delivered Meals program serves thousands of homebound seniors throughout the region. It's often the drivers that notice medical emergencies, unsafe living conditions, or signs that someone may need additional support services.

Last year, a Meals on Wheels driver discovered a Sacramento County man trapped in a collapsed bed for three days and called 911, potentially saving his life!

"People think we're just delivering food," Klick said. "But it's really about making sure our seniors are safe, seen, and receive the care they need."

The ride-along program also aims to encourage more community involvement. Seeing law enforcement working alongside community residents will hopefully inspire others to get involved.

The spirit of service shines through Sacramento law enforcement! For more information about volunteering, visit mowsac.org today. ●



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



74%

of participants are low income



67%

are at high nutritional risk



48%

of those served are ages 70-84



21%

are over 85 years of age



49%

of participants live alone



58%

of those served are female

HOME-DELIVERED MEALS



Home-Delivered Meals is our largest program and serves the most fragile seniors that are impacted by severe health issues and unable prepare meals for themselves. The program's impact enhances quality of life by promoting dignity and independence.

- Our Home Delivered Meals Program served **354,496 meals** to **1,961 seniors** in 2025
- Nutritionally balanced meals help reduce food insecurity and hunger to support overall health and wellness
- Regular visits and wellness checks from drivers and case managers help identify potential health/safety concerns, reduces isolation, and provides support

**IN 2025,
WE SERVED
OVER 449,401
MEALS TO MORE
THAN 3,950
SENIORS IN
SACRAMENTO
COUNTY!**

COMMUNITY CAFÉ PROGRAM



The Community Café program provides nutritious meals in a group setting at 16 onsite locations where seniors can connect socially and access supportive community resources.

- Our Community Café Program served **80,551 meals** to **1,834 seniors** in 2025
- Access to meals in a communal setting helps reduce food insecurity while encouraging social engagement and emotional well-being
- The program fosters inclusion, dignity, and promotes a healthier, active lifestyle

RESTAURANT PROGRAM



The Restaurant Program expands access to nutritious meals by partnering with local restaurants to provide dining options and dietitian approved meals designed to meet the nutritional needs of seniors.

- The Restaurant Program served **14,354 meals** to **219 seniors** in 2025
- Culturally relevant and diverse food choices that reflect the preferences and backgrounds of participants
- Helps seniors maintain independence, encourages social engagement, and improves their overall quality of life with community dining options that support local businesses

MEALS ON WHEELS SPECIAL PROGRAMS

ANIMEALS PROGRAM



Provides pet food for the furry companions of participants of the Home Delivered Meals Program so no senior has to choose between feeding themselves or their pets.

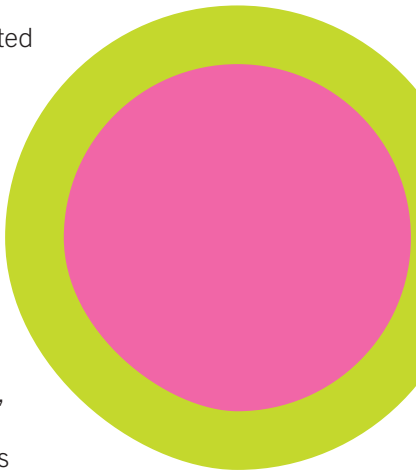
- In 2025, AniMeals provided food for **248 dogs** and **224 cats**
- Reduces financial and emotional stress for participants, and ensures seniors can keep their pets at home
- By ensuring pets receive proper nutrition and care, AniMeals supports the mental and emotional wellness of senior participants, by helping maintain the bond they have with their pets, and reducing feelings of isolation and loneliness
- Pets help seniors stay active and engaged
- Elk Grove Dodge Chrysler Jeep Ram is the core funding partner for AniMeals; pet food drives and individual donations support the program throughout the year

PROJECT WARM WISHES

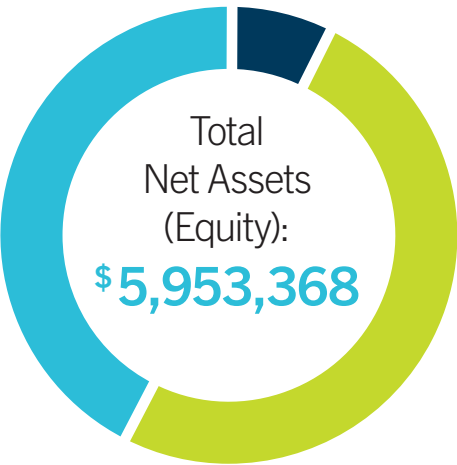


Brings comfort and holiday cheer to homebound program participants through donated gifts and winter essentials that are delivered alongside meal deliveries.

- Project Warm Wishes distributed over **1,300 gifts** to seniors in 2025
- Through kindness and community generosity, the program brightens the holidays for vulnerable, isolated seniors
- Donors, volunteers, and businesses rally together to donate and package blankets, gloves, scarves, puzzles, and more, to bring cheer to seniors



OUR FINANCIALS (Audited for fiscal year '24-'25)



Total Assets: \$ 7,004,165
Total Liabilities: \$ 1,050,797



Total Revenue: \$ 11,107,943
Total Expenses: \$ 10,710,987

STATISTICS



New participants added per month in 2025



Calls and voicemails received monthly by our intake team

DONOR SUPPORT: THE ESSENTIAL MATCH THAT UNLOCKS GREATER IMPACT

Donor support plays a critical role in sustaining our services by providing the essential “match” required to secure and fully leverage government grant funding. These public funds are contingent upon community investment, meaning every dollar contributed by donors helps unlock additional resources that directly expand our reach and impact. Philanthropic giving does more than supplement our work – it multiplies it, ensuring we can continue delivering nutritious meals, wellness checks, and vital services to thousands of seniors across Sacramento County.



REFLECTIONS FROM OUR EXECUTIVE DIRECTOR

As we close another remarkable year at Meals on Wheels, I want to thank you for your extraordinary generosity, compassion, and partnership – you've made a powerful impact!

Together, we delivered comfort and reassurance to seniors that are impacted by health challenges, battling food insecurity, and struggling with loneliness and isolation. Through your support and kindness, we've provided nourishment, connection, and hope! You have touched thousands of lives:

- Homebound seniors received nutritious meals, wellness checks, and human connection
- Community Cafes opened doors to socialization, friendship, and activities
- Restaurant Program participants stayed connected to their community while being empowered with independence

Every meal provided served as a reminder that our community cares! I am inspired by the dedication of our board, staff, volunteers, donors, and community partners. Whether you gave your time, expertise, or financial support, you became part of a mission that changed lives every single day!

The past year also brought challenges - ongoing economic pressures tested nonprofits everywhere. Yet because of your commitment, we adapted, expanded, and pivoted, to continue reaching those who needed us most.

For believing in this mission, and all you have made possible this year, the Board of Directors, staff, and the seniors we serve, say THANK YOU!

We look forward to our continued partnership, and are prepared to forge ahead with compassion, innovation, and hope. ●

PARTNERSHIPS VOLUNTEERS

Our incredibly generous and dedicated partners include:

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

Volunteers are at the heart of our mission and play a vital role in the success of our programs.

Their time, compassion, and dedication help ensure that nutritious meals, wellness checks, and supportive services reach seniors throughout Sacramento. Volunteers support Meals on Wheels in countless meaningful ways, contributing their time and talent to serve seniors including: delivering meals, support at Community Cafés, logistical assistance with special events, holiday programs, office/administrative tasks, and more.

- In 2025, **357 volunteers** provided over **33,213 hours** of service
- Last year volunteer meal delivery drivers drove a total of **141,500 miles**

The generosity of our volunteers strengthens our community every day, creating lasting impact through acts of kindness, care, and service. To learn more call (916) 444-9533 or email us at volunteer@mowsac.org.



MEALS on WHEELS
SACRAMENTO COUNTY



AGENCY
ON AGING
AREA 4