

Help Us

to feed your home-bound
NEIGHBORS

WITH MORE THAN JUST A MEAL



2023 Year in Review

More than just a meal.

Dear Friends,

Over the past few years, social isolation, loss, and financial insecurity have touched many of our lives in some capacity. For a majority of our clients, this is their daily reality. We work hard every day to provide not only a hot meal to those in our community, but to provide a sense of community connection. One of our clients, Jean White, states that her relationship to the volunteers **"is everything. It's a shining light in my life. Each day, there they are: smiling. It means the world to me."**

For many of our clients, Meals on Wheels is so much more than just a meal. It's a lifeline. Anne Kroon was signed up for our services after she had a stroke saying, "I was sent to rehab so I could learn how to walk again. I was asked, when I return home, would I be living alone? I said yes. Well, they said, how are you going to eat? And I had no idea. **Because of Meals on Wheels, I get to eat every day and I know I wouldn't without them.**"

Anne and Jean are just two of the many faces of Meals on Wheels. Often, these faces go unseen with nearly **one third of our clients reporting that the Meals on Wheels volunteer is the only person they see on any given day.** As the senior population in Charlottesville grows, so too does the threat of social isolation and the need for Meals on Wheels.

Our staff and our volunteers know these faces. We know their stories. They are our neighbors and yours!

Meals on Wheels delivers so much more than just a meal. We are a friendly face, a wellness check, a sense of connection and stability. Are you ready to help provide a lifeline to our community's hidden hungry?

Thank you for honoring and supporting your homebound neighbors, now and in years past.

May you and yours have a peaceful holiday season.

In Gratitude,



Hailey Peterson
Interim Executive Director

P.S. For just \$180, you can feed a homebound neighbor for a month. For \$790, you can ensure that our most vulnerable citizens get a daily check-in 5 days a week for 6 months. For \$1600, you can help a client stay in their home and live with dignity and independence for an entire year.

Based on a survey we conducted in June 2023, over half of our clients reported that Meals on Wheels was a contributing factor to them being able to remain living independently in their homes.



Anne Kroon



Scan. Pay. Go.

Give now to
Meals on Wheels
via PayPal using
this QR code.



Jean White

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Meals on Wheels has been incredibly helpful to me. Since I started going blind, I've lost about 45 pounds and have suffered from malnutrition before, so the deliveries help make sure I'm getting enough to eat. It also helps my family worry less about me. I can be kind of a shut in, so often the volunteers are the only people I talk to during the day. Meals on Wheels has made such a difference. — Current Client



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Meals on Wheels has been very helpful, and it's made it so much easier day to day, nutritious too! The meals actually last me two days, so I'm able to get my veggies in. —Debbie Orme



940

Cheeseburger & Salad
Beacon's Kitchen Meals

Through a partnership with New Hill Development's Beacon's Kitchen, clients have received a monthly supplementary meal. This organization seeks to expand opportunities to promote prosperity for the Black community.



125,840

Miles Driven This Year
By Volunteers (approximate)



2022-2023



Annual
Music for Meals
fundraiser
raised
\$105,000



60,320

Meals Served This Year

Many Faces of MOW

Meals on Wheels has continually worked to expand and improve services to our community.

To learn more about our vision for the future and our current financial picture, scan the QR code.



705

Moe's BBQ Meals
Donated & Delivered

Moe's BBQ reached out to us earlier this year about ways they could get involved with the community. Not only does the owner take a route each week, he has also donated over 900 free barbeque sandwiches and sides so that our clients could have a change of pace once a month!



Meals On Wheels allows individuals to stay in their home with nourishment and a sense of security.

7,050 Pounds of Fresh Produce
Provided This Year

Through our partnership with the Blue Ridge Area Food Bank, we have been able to provide all of our clients with a monthly delivery of fresh produce.

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Meals on Wheels has allowed me to stay in my home. I don't have transportation, so your good-natured volunteers who come are sometimes the only people we see each day. The food is good, and we really appreciate you all so deeply. Seeing these people really strikes something deep in me, they're so caring and I'm so thankful I'm able to talk with those who come to visit. The volunteers are the salt of the earth! —Billie Lagerwerff

