Meals on Wheels is a proven public-private partnership that effectively addresses the challenges of aging by promoting health and improving quality of life for at-risk seniors. We have the opportunity to not only keep seniors healthy and independent at home, where they want to be, but also save billions in tax dollars by keeping them out of more costly healthcare alternatives.

Daily home delivered meals help keep 8 out of 10 recipients who have previously fallen from falling again.

Cost of one meal - $8
Cost of one day in nursing home - $158
Cost of one day in the hospital - $2,520

"If it wasn’t for Meals on Wheels, I wouldn’t be able to stay in my home. Y’all are the only people who check on me every day.” Johnny

TOO MANY OF OUR SENIOR NEIGHBORS ARE STRUGGLING WITH HUNGER AND ISOLATION

- Adults aged 65+ make up 25% of the population of our service delivery area
- The senior population in Texas projected is expected to grow another 262% by 2050. Population experts are referring to this as the Silver Tsunami
- We are the only program across our service delivery area that meets nutritional, social, and safety needs of senior citizens

Among seniors, the healthcare costs associated with isolation are equal to the same costs associated with having high blood pressure

A 14 YEAR DISADVANTAGE
Food insecure seniors can have limitations comparable to food secure seniors 14 years older
TOGETHER WE DELIVER
Ending hunger and isolation. Delivering dignity and independence.

2019

PROGRAM PROFILE

IN 2019:

- We served 164,736 meals
- We delivered 6,807 meals to congregate sites such as senior centers
- Hundreds of volunteers drove over 230,000 miles making daily meal deliveries to our seniors
- Our volunteers delivered monthly pet food to over 175 AniMeals households

42% of our clients are aged 80 or above
44% of our clients are veterans or veteran spouses
47% of our clients live alone
64% live at or below poverty level

Our seniors are surveyed quarterly. They tell us:

91% feel our meals help them eat healthier
94% feel our program helps their overall health
95% feel our program helps them stay in their home

Mary depends on Meals on Wheels for her meals every day. She is alone and not able to go to the grocery store or prepare meals due to health challenges. She is on multiple medications to help with her health issues but they cause her to feel unsafe driving, so the meals she receives are very helpful and give her a sense of security. Mary has a cat named Mattie that she rescued after losing her 17 year old fur baby. She is comforted knowing that with AniMeals, she won’t run out of cat food. “Meals on Wheels is a life-saver for me!”

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