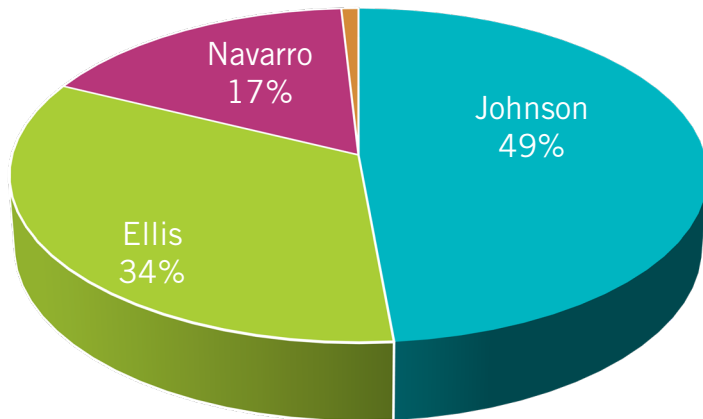


FY2023 IMPACT REPORT

1,650 UNDUPLICATED CLIENTS SERVED



FOOD IS MEDICINE

Annual Client Satisfaction Survey Results:



97% reported that Meals on Wheels helps them eat healthier



97% reported that they feel Meals on Wheels helps their overall health



95% reported that Meals on Wheels helps them stay in their homes



Meals on Wheels North Central Texas launched a new line of medically-tailored meals, serving 21 individuals during FY23. These meal plans are designed to best suite the needs of older adults with medical conditions that require highly specialized diets.

TOGETHER, WE CAN DELIVER®



In FY23, 631 volunteers delivered 16,769 routes, providing meals, wellness checks, and more to our older neighbors.



Volunteers are often the only people our senior neighbors see in a day. These daily visits are imperative in the fight against social isolation.

MORE THAN A MEAL

Every senior is assigned a case manager who conducts an assessment to identify individual needs that go beyond a home-delivered meal.

Additional Services:



Caregiver
Support



Wellness
Checks



Nutrition
Education



Meals on Wheels North Central Texas provided **6,753 LBS** of pet food to **306 OLDER ADULTS** for their companion pets through our AniMeals program.



Beat the Heat

- Heat safety flyers
- Donated tower fans
- Donated window units

Nearly 800 care packages
and holiday gift bags.



SERVING THE CHILDREN OF YESTERDAY®



43% Female head of household
38% Age 80 or above



16% Veteran
17% Veteran Spouse



53% Live at or below poverty level



44% Live alone
36% Widowed



"There's another advantage to Meals on Wheels. Somebody comes to see you every day."

-Joe



*"It's great.
I love Meals
on Wheels."
-Constance*

Our mission:
*Ending hunger and isolation.
Delivering dignity and independence.*

"THIS IS JUST TRULY A BLESSING."



Spending most days at home alone, Vicki feels the benefit of more than just the nutritious meals she receives from Meals on Wheels. She says she gets the social interaction that keeps her heart happy as well.

Unable to get out of her apartment and with little family around, Vicki craves daily social interaction. That's where Meals on Wheels comes in.

"I have my brother and my best friend, but I don't get to see them often," Vicki says. "Y'all are pretty much it for day-to-day. I talk to my mom every day, but neither one of us can really get out so I don't get to see her much."

While our nutritious, home-delivered meals feed her body, our friendly staff and volunteers feed her soul. Vicki says she is very pleased with both the food and the service.

"Meals on Wheels is my primary source of food. And I just love visiting with everyone," she says. "This is just truly a blessing."