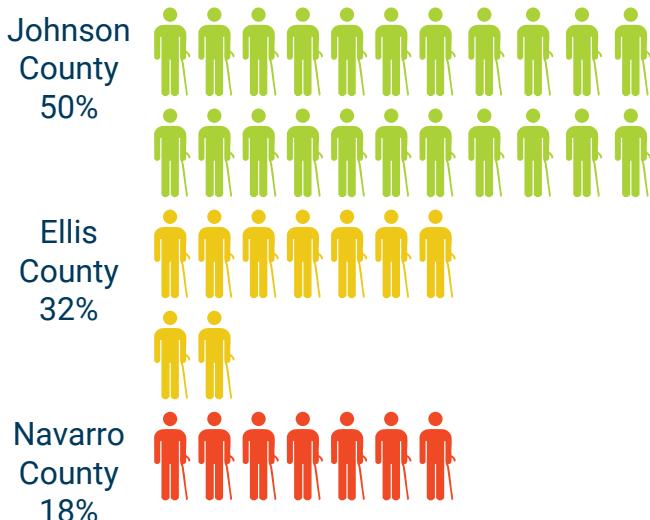


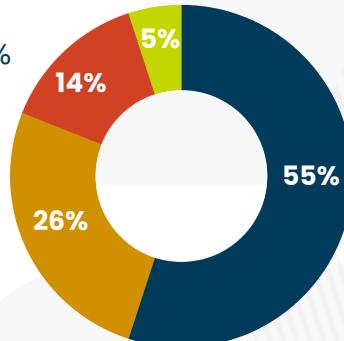
FY2025 IMPACT REPORT

1,381 UNDUPPLICATED CLIENTS SERVED



REFERRAL PATHWAYS (GROUPED)

- Self & Family Networks – 55%
Self, family members, friends, faith communities, and existing clients
- Healthcare & Care Continuum – 26%
Doctors, hospitals, home health, hospice, rehab, nursing facilities, managed care, Veteran Affairs
- Public & Social Services – 14%
Health & Human Services, Adult Protective Services, Family Protective Services
- Other / Unknown – 5%



CLIENT SURVEY RESULTS



94% report improved overall health



58% report improved memory



56% report increased physical activity



90% say Meals on Wheels helps them remain in their homes

PREVENTING HOSPITALIZATIONS & CRISES



103,956 wellness check performed by volunteers and staff



38% reduction in hospitalizations
28% reduction in ER visits



28% reduction in nursing home placements (30-day outcomes)

Research shows every \$1 invested in Meals on Wheels generates \$50 in healthcare cost savings.

AVERAGE COST OF:

One meal & wellness check: **\$12.00**

One day in hospital: **\$2,883**

One month in nursing home: **\$8,821**

One ER visit: **\$2,200**

MEALS, MEMORIES & MULTI-GENERATIONAL LOVE

At 99, Anne proves that care, connection, and a hot meal can brighten every day. She looks forward to her Meals on Wheels deliveries—not just for the fresh, nutritious food, but for the smiles and check-ins that bring comfort and routine.



Her son-in-law Ed, a longtime volunteer and supporter, saw firsthand how much the program could help and quickly signed her up. Anne loves the dependable service and the volunteers who make her feel seen and supported. For both Anne and Ed, Meals on Wheels is more than food—it's companionship, peace of mind, and a reminder that no one should face the holidays alone.

SERVING THE CHILDREN OF YESTERDAY®



33% Age 80 or above



53% Live at or below poverty level



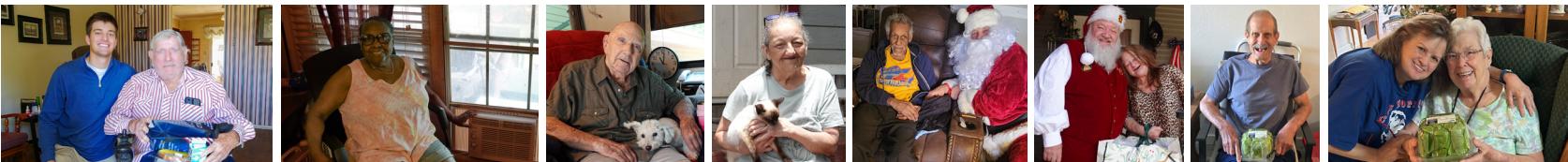
42% Live alone
34% Widowed



15% Veteran
17% Veteran Spouse

MORE THAN A MEAL

Nutrition is medicine, but whole-person care goes even further. By meeting critical needs beyond the plate, we help seniors remain safe at home, manage daily challenges, and avoid emergency situations. These “more than a meal” services extend the healing power of our mission.



201 Incontinence Care Packages

8 Tower Fans

9 Window Units

8,331 lbs. Pet Food

730 Christmas Gift Bags

3,000+ Packages of Fresh Produce

A VISIT THAT RESTORED CONNECTION

When Meals on Wheels couldn't reach Finis, a 98-year-old WWII veteran, volunteer Brian sensed something was wrong. When Brian stopped by to check on him, he uncovered barriers that had unintentionally cut Finis off from services.



Finis valued independence and had quietly gone without meals, grazing on leftovers rather than asking for help.

Brian's visit also revealed outdated emergency contacts and serious hearing challenges. He reached out to the Meals on Wheels office and was promptly put in touch with staff member Cindy, who stepped in with care and clarity.

Together, they restored more than meals—they restored connection, dignity, and reassurance that Finis was not alone.

FIGHTING LONELINESS: THE SOCIAL MEDICINE EFFECT

This year, **659 volunteers** delivered **15,855 routes**, providing meals, wellness checks, and more to our older neighbors.



TRIO CENTRAL KITCHEN

In July 2025, Meals on Wheels North Central Texas opened the TRIO Central Kitchen. All meals are now prepared in-house, allowing for fresher ingredients, enhanced menus, and greater variety.



This investment improves both quality and consistency while expanding our ability to offer freshly made, diabetic-friendly and heart-healthy meals.

Built with our senior neighbors in mind, the TRIO Central Kitchen helps ensure every meal delivers nourishment, dignity, and moments of joy—because food is more than fuel; it is medicine.

