FY 2026

IMPACT REPORT

MEALS on WHEELS NORTH CENTRAL TEXAS

1,343 Clients Served

Johnson County 50%

Ellis County 35%

Navarro County 15%



"I just love people... and I love visitors. Meals on Wheels has kept me from dying, really."

— Dorothy

Referral Pathways

Self & Family Networks: 55.2%

Self, family members, friends, faith communities, existing clients

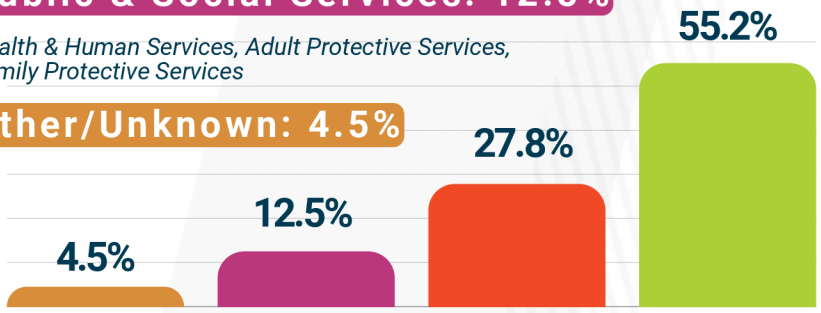
Healthcare & Care Continuum: 27.8%

Doctors, hospitals, home health, hospice, rehab, nursing facilities, managed care, Veteran Affairs

Public & Social Services: 12.5%

Health & Human Services, Adult Protective Services, Family Protective Services

Other/Unknown: 4.5%



IMPACT SNAPSHOT

Client Survey Results

95% report improved overall health

96% worry less about having enough food to eat

98% say Meals on Wheels helps them have access to healthy, nutritious food

98% share thatMeals on Wheels helps them remain in their homes and independent



> "I don't think anybody can do better than being a volunteer or supporter of Meals on Wheels!" — *Helen*

FIGHTING LONELINESS

The Social Medicine Effect

This year, ***629 volunteers*** delivered ***16,419 routes***, providing meals, wellness checks, and more to our older neighbors.

86% reported feeling lonely or alone before receiving services

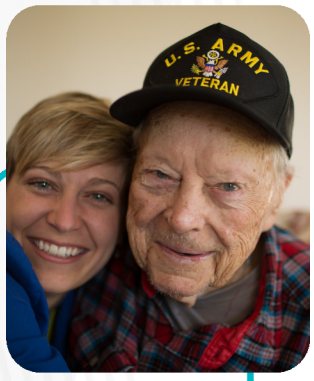
88% feel less alone because of Meals on Wheels

100% say seeing their Meals on Wheels volunteer gives them something to look forward to

98% agree Meals on Wheels helps them feel cared for and treated with dignity

Serving the Children of Yesterday®

- 34% Age 80 or above
- 52% Live at or below poverty level
- 24% Veterans & Veteran Spouses
- 42% Live alone, 33% Widowed



Our Kitchen

Since 2025, Meals on Wheels North Central Texas has been preparing meals in-house through our TRIO Central Kitchen. This means that every meal is made with fresh ingredients, and it allows us to offer an enhanced menu with greater variety.

Our kitchen provides both quality and consistency and allows us to offer freshly made, dietician approved, 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.

> **"The food is good—it's always delicious!"**
> — *John*



Follow along and stay connected with us.

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Meals on Wheels North Central Texas

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