

TOGETHER, WE CAN DELIVER®

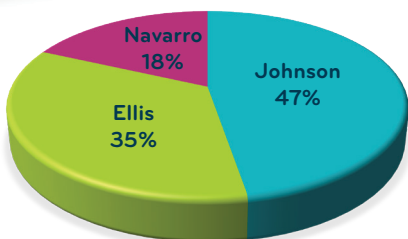
Ending hunger and isolation. Delivering dignity and independence.
Serving Johnson, Ellis and Navarro counties



MEALS on WHEELS
NORTH CENTRAL TEXAS

FY2021

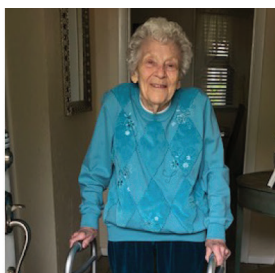
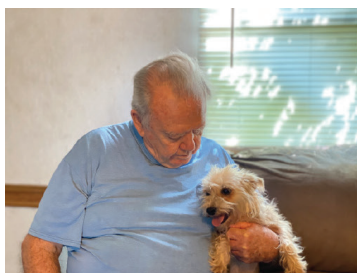
PROGRAM PROFILE



Served 230,662 meals to 1,437 unduplicated clients
Johnson 47%, Ellis 35%, and Navarro 18%



AniMeals provided 14,824 pounds of pet food to companion pets



38% aged 80 or above
42% female head of household



16% Veteran
14% Veteran Spouse



46% live alone
36% widowed



71% live at or below poverty level

Annual Client Satisfaction Survey Results:

- 97% feel our meals help them eat healthier
- 97% feel our programs helps them stay in their home
- 97% feel our program helps their overall health



It was 1970 when Salvador and Maria decided to elope in Matamoros, Mexico. Since then, the couple has spent the last 50 years making memories and building a life together. That included riding Charro dancing horses across Texas and Mexico with their family. It's a beloved family tradition that they've passed on to their children and grandchildren.

In January 2021, Salvador fell. A fall can be devastating for older adults, and at 90 years old, it was not something Salvador took lightly. So when Salvador and Maria learned about Meals on Wheels North Central Texas, they didn't hesitate to sign up.

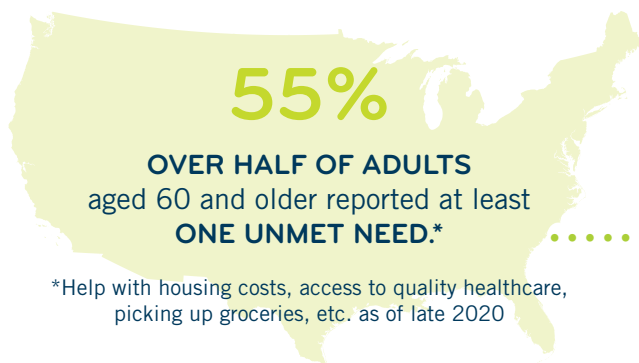
COVID-19 FACT SHEET



MEALS on WHEELS
NORTH CENTRAL TEXAS

UNITED STATES 2021

Many older adults struggled with hunger and isolation before the coronavirus pandemic. The pandemic exacerbated these issues and increased the need for services like Meals on Wheels.



40%
OF OLDER ADULTS

needed help with having enough activities to keep busy at home and/or with **STAYING SOCIALLY CONNECTED** while physically distancing.

18%

needed help with **AFFORDABLE FOOD** to meet their dietary needs.

Senior hunger, social isolation, anxiety and depression rose dramatically at times during the pandemic.

The proportion of seniors aged 60 and older who sometimes or often **DIDN'T HAVE ENOUGH TO EAT** rose from:

2.8% (2019) → **4.9%** (2020)

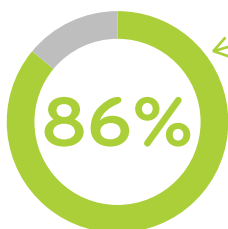
A 75% INCREASE



1 IN 4 ADULTS
aged 65 and older reported **ANXIETY OR DEPRESSION** during the pandemic.*

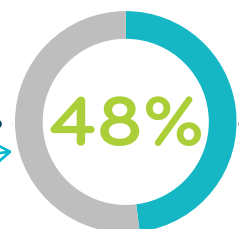
*This was substantially higher than the 1 in 10 (11%) older adults with Medicare who reported depression or anxiety in 2018.

The need is greater than the majority of Meals on Wheels programs can meet without more resources.



In late 2020, nearly 9 in 10 programs said there was an **UNMET NEED FOR HOME-DELIVERED MEALS** in their community.

In 2021, nearly half of programs said they would **NOT BE ABLE TO SUPPORT** their current client base without infusions of funding beyond their typical funding.



Plus, programs' costs have gone up during the pandemic.

88% OF PROGRAMS SAID THEIR OPERATIONAL COSTS HAVE INCREASED.