

2024 Executive Summary



Our Mission

Since 1977, Meals on Wheels of Chesapeake delivers nourishment, connection, and safety checks to facilitate wellbeing and independence for homebound older and disabled adults aging in place in Chesapeake who live alone, experience social isolation, and cannot cook or prepare nourishing meals for themselves.

Our Vision

Meals on Wheels of Chesapeake envisions a future where older and disabled adults are thriving, and — regardless of zip code or income level — have access to nourishing food, in-home safety, social connection, and connection to community resources that foster safe independent living.

Our Values

- **Sustainability:** We make decisions that are future-focused.
- **Nourishment:** We are at our best when our bodies are well-nourished.
- **Connection:** We are at our best when we experience meaningful connection.
- **Safety:** We are at our best when we feel safe in our homes, and cared for.
- **Equity:** We work to provide access for eligible older and disabled adults in Chesapeake, regardless of zip code or income level.



John, an Eggleston volunteer, delivers meals to Sylvia. They look forward to seeing each other on Thursdays.

Key Partners



Since 2020



Since 1977



Since 2020



Since 2020



Since 2020



Since 2023



Since 2021

2023 Impact:
Volunteer-Driven

426 volunteers



55,440 miles driven



9,180 hours donated



72,714
meals



36,357 safety checks
& moments of connection



2,731 pounds of pet
food & supplies

200 birthday gifts

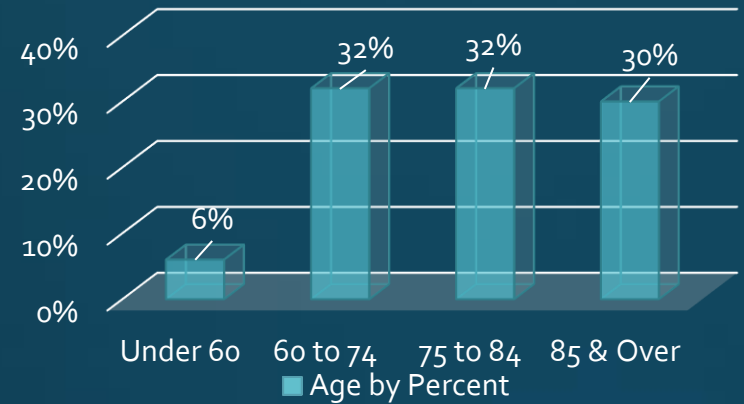
“The volunteers are great and so cheerful. Having new faces is a blessing and the cards, candy, gifts are really nice. Thank you for working to provide seniors with food because some would go hungry without it!” –Joy L.

2023 Impact:

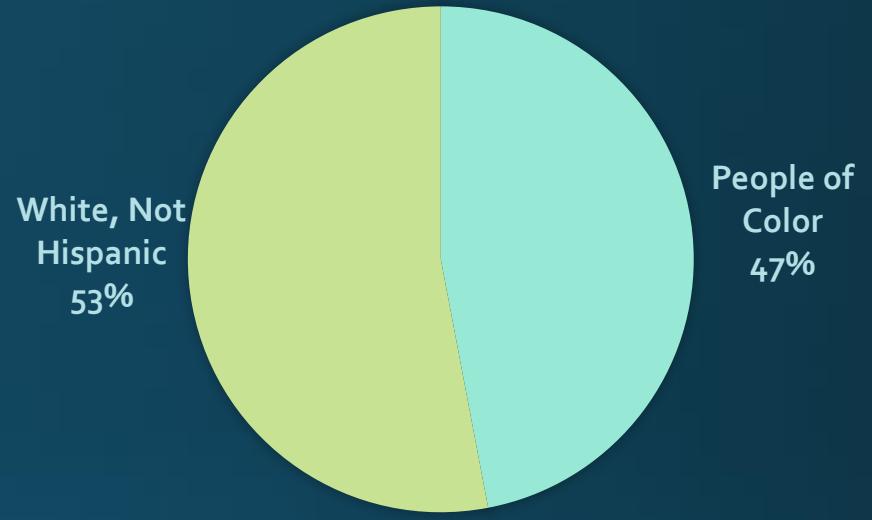
Who did we serve, and how many?



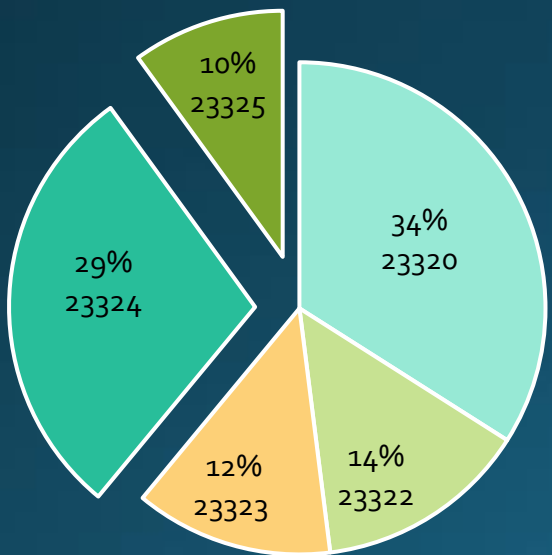
By Age



BY RACE



By ZIP

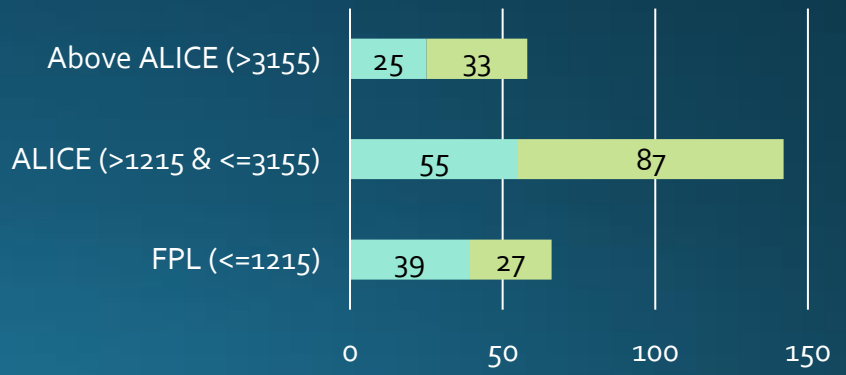


301
Total Served



37% Veterans or Spouses of Veterans

By Monthly Income



■ People of Color ■ White, Not Hispanic

*Note: income information not available for 35 participants.

■ 23320 ■ 23322 ■ 23323 ■ 23324 ■ 23325

*Note: 23324 & 23325 have the highest food-insecurity in Chesapeake.

2023 Impact: How did we improve lives? (Annual Participant Survey Results)



Navy Chief Select Benjamin Smith providing lawn care for a disabled participant on the United Way Day of Caring.

Health

- 92% say our meals keep them healthy or improve their health.
- 97% eat healthier since enrollment.
- 80% have maintained or moved toward a healthy weight.

Independence

- 98% say our programs make it easier to live at home.
- 87% say the volunteer wellness check makes them feel safer.
- 82% say that we reduce their food costs and increase disposable income.

Well-Being

- 86% have noticed an improvement in their sense of social well-being.
- 97% look forward to seeing their volunteer each day.
- 38% would see no one else for a week or more if not for their daily volunteer.

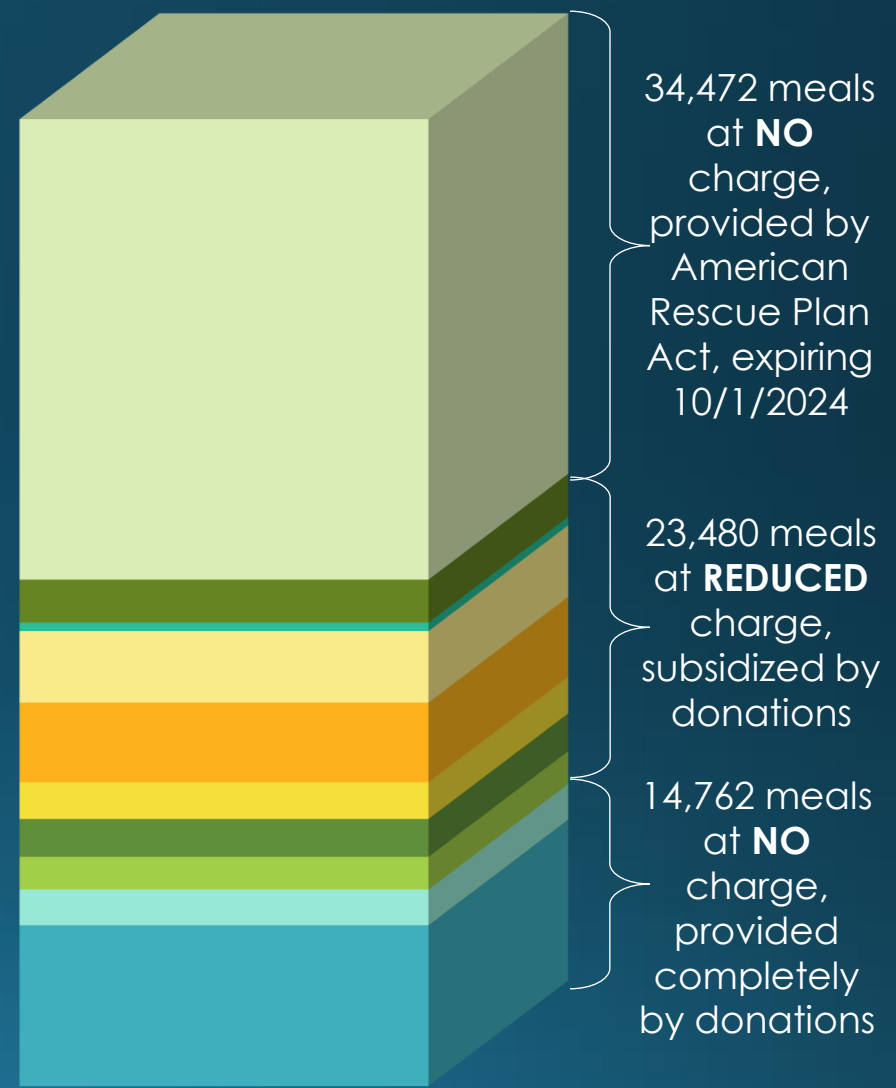
2023 Impact:

Meals Ordered & Delivered by Funding Source

72,714 meals delivered, at a cost of \$380,294, or \$5.23/meal
(68% at no charge to participants, and 47% through American Rescue Plan Act funding, expiring October 1st, 2024)



- Senior Services
- \$4.50/meal
- \$4/meal
- \$3.50/meal
- \$3/meal
- \$2.50/meal
- \$2/meal
- \$1.50/meal
- Meal Sponsorship
- No-Charge







Nutrition Programs

- Meals meet federal My Plate guidelines and are approved by a dietician.
- For variety and appeal, menus are updated seasonally and guided by participant feedback.
- Medically tailored renal, diabetic, cardiac, and mechanical soft options are offered.
- No sodium is added.
- Cultural preferences, such as “no pork” diets, are accommodated.
- Our Winter menu for 2024 includes Lent-friendly offerings, requested by participants.
- Participants receive two fresh meals each weekday, delivered by a friendly volunteer, along with a safety check and other programming. That’s TEN fresh meals per week.
- Food-insecure participants receive additional meals, packaged from fresh leftovers that would have been thrown out.



Chesapeake Regional employee Tee plates fresh hot meals that go out for delivery each weekday. Featured meal: pulled chicken bbq (sandwich bun packed separately to keep fresh); California-style steamed broccoli, cauliflower, and carrots; and tator tots.

Socialization Programs: 86% report improved well-being since enrollment.

Pets Assisting the Well-Being of Seniors (PAWS), since 2022	Birthday Gifts, since 2020	Hospital Visits, since 2020	SilverTree Seniors' Secret Santa Wish List Fulfilment, since 2020
			

*Dear MOWC staff, volunteers, and supporters—
It has been 3 years since my husband passed away. I could not have made it through this time without the nutritious meals, the smiling faces, the wellness checkups, the young people with their greeting cards, the holiday meals from the Buffalo Family, the thoughtful gifts from the Chesapeake Task Force on Aging. Thank you for all you do. Always yours. –Doris F.*

Testimonials

“Meals on Wheels have caused me to keep my weight to normal. My doctor wanted me to tell them how I am keeping my weight down. I told them I get Meals on Wheels and you don’t season with salt and most things are boiled or baked. I have not gained any weight in over a year.” –Irene S.

“Well I don’t have to be concerned now about how I can’t divide one meal into two or three meals a day. I know my meals will have vegetables in them. I couldn’t always have fresh vegetables before. Now I know my meals will be nutritious. With my health issues, it makes a big difference. Thank you. I am truly grateful.” –Evelyn S.

*“Meals on Wheels is one of the best things that has happened in my life. Thank you so much for what you do for me.”
–Emma C.*

“When I fell, Meals on Wheels got help to me. I’m grateful to have the meals but also for all the other things they do.” –Michael N.

