

We envision a future where aging-in-place older & disabled adults are THRIVING



Sponsor a senior today!


Want to do your part to help with high inflation and rising senior hunger? Reach out to find out about ways to support and donate.

Your support

- provides meals and safety checks, as well as social programming like pet care, birthday gifts, and hospital visits
- increases food-security, nutrition, and well-being, while decreasing isolation and the risk of falling among older and disabled adults

75% of participants need financial assistance.

CONTACT US

757.312.6458 

736 N Battlefield Blvd, Chesapeake 

PO Box 15343, Chesapeake, VA 23328 


www.mealsonwheelschesapeake.com 

mealsonwheelschesapeake@gmail.com 

@mealsonwheelsofchesapeakeinc 



@mowchesapeake 

EIN 54-1080366 

We are a United Way of South Hampton Roads agency.



**Delivering
nourishment,
connection, and
safety checks for
homebound older
and disabled
neighbors aging in
place in Chesapeake
since 1977**



Volunteer-Driven

Looking to make a positive difference? Over **300** volunteers donate **8,466** hours of their time, driving over **55,000** miles to deliver more than **70,000** meals, **35,000** safety checks, and **thousands of pounds** of pet food and supplies annually to **301** participants. The clincher? **97% of participants look forward to seeing their volunteer each day.** Available weekdays between 10:45 am and 1:00 pm? **Join us, and make a difference!**



Medically Tailored Meals

Thanks to our meals, 80% of participants have moved toward or maintained a healthy weight since enrolling.

Weekday meal delivery includes a hot lunch and chilled dinner that provide two-thirds of the recommended daily allowance.

Our four-week menu is updated seasonally, informed by participant feedback, and dietician-approved for diabetics.

We provide medically tailored meals for renal patients, as well as a mechanical soft texture option. We also accommodate no pork/no ham diets. No sodium is added.

97% report eating healthier since enrollment.



More Than a Meal™

SAFETY CHECKS

Since the older adults we serve are at higher risk of falling and live alone, volunteers perform a simple safety check with meal delivery. When participants don't answer the door, we call them and then their emergency contacts to ensure their safety. 87% of participants report that the safety check is important to them.

SOCIAL CONNECTION

39% of participants would see no one for a week or more if not for our delivery volunteers. Friendly volunteers deliver connection with the meals and safety checks. Because of volunteers, 79% of participants report feeling less lonely since enrollment. Additional social connection programs include PAWs (including mobile vet care from Golden Paws), birthday gifts, and hospital visits.

