

Metro Meals on Wheels *Annual Report* FY2023 (4/1/22-3/31/23)



Community support meets continuing need

For Char, who's lived in her Minneapolis home for 60 years, a meal delivered at lunchtime is invaluable.

"I probably would not be able to stay in my home if not for Meals on Wheels," she says. "I'm just not able to cook anymore. I appreciate pleasant people coming to the door and bringing me a meal that I can eat."

After countless years of cooking for five children, and then caregiving for her mother for 10 years, Char's daughter insisted it was time for her mom to let someone help her and called Meals on Wheels. Char is like so many of our neighbors, needing that extra bit of assistance to get the nutrition they need.

A rapidly aging population and rising food costs have exposed an elevated need for Meals on Wheels in our community.

In 2022, our local programs served 42% more meals than they did pre-pandemic, and the need has continued to grow this year.

It takes the whole community to ensure our senior neighbors are able to get meals when they need them. Even Char does her part, making a donation toward her meals when she's able.

With your help, we've been able to keep up with the growing need while making our menus and services more inclusive. None of this would be possible without the increase in support from the community that's endured since the onset of the pandemic.

We invite you to look back with us at what you've helped make possible.

In 2022, Twin Cities
Meals on Wheels
programs served


**1,488,000
meals
to
9,400
people**



More Than a Meal

1 in 3 older adults (50-80) report feeling isolated from others.

A friendly visit from a volunteer makes a big difference in helping seniors feel less lonely. It can also save lives.



When a meal recipient in South Minneapolis, Marsha, fell and became disoriented, it was a volunteer who discovered her and alerted her family. Marsha was rushed to the hospital where she received the help she needed. She's now back home and continues to receive Meals on Wheels. She says regular interaction with volunteers helps her feel less alone.

"The meals are delicious and the people that deliver the meals are great."
-Marsha, meal recipient

Meals for Everyone

We know that having familiar foods brings comfort. Over the past several years, we've expanded our menus to include more culturally relevant meals.

We now offer Halal, kosher, South Asian, Hmong, and Latinx-focused menus.

Cultural meals continue to grow as we work with new partners, add menu items, and reach out to new communities. Our website and promotional materials are now available in four languages:

English, Hmong, Spanish, and Somali

All our meals are made fresh, without preservatives and exceed nutrition guidelines. We can also accommodate most preferences and medical diets.



Thank You, Supporters and Volunteers!

Last year, 11,365 donors supported Meals on Wheels.

We are incredibly grateful for the support of our community. Donors make a huge difference in the lives of seniors in need and help ensure that we don't have to turn anyone away from a nutritious meal.

"There are a lot of things going on in the world that we can't control, but we can take care of family, friends, and neighbors. It feels good to be cared for and getting nutritious meals delivered has made a huge difference in my life."

– Joanna, meal recipient



11,096 volunteers contributed 130,000 hours of their time to our programs in 2022.

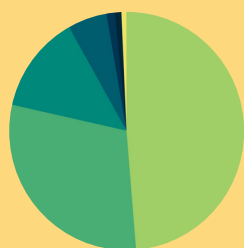


Thank you to the foundations and companies that support Metro Meals on Wheels:

3M Foundation, AbbeyCare, AgriBank, Allina Health Foundation, Ameriprise Financial, Bieber Family Foundation, Bituminous Roadways, Brandography, C.H. Robinson Foundation, Elmer L. & Eleanor J. Andersen Foundation, General Mills Foundation, Gleason Printing, IN Food Marketing & Design, Kopp Family Foundation, Lindell & Lavoie, LLP, Meals on Wheels Association of America, Minnesota Department of Human Services, Minnetonka, Otto Bremer Trust, Richard M. Schulze Family Foundation, Schuler Shoes, Stevens Square Foundation, The Janice Gardner Foundation, United Healthcare

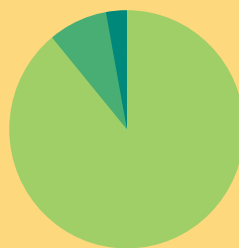
Metro Meals on Wheels Financial Statement

(April 1, 2022 - March 31, 2023)



Total revenue: \$7,348,697

Program Services* \$3,579,935
Individual Contributions \$2,191,462
Bequests \$982,738
Corporations/Foundation \$394,691
In-kind Contributions \$85,402
Fundraising Events \$63,676
Government Contracts \$50,792



Total expenses: \$6,242,287

Program:* 89%
Fundraising: 8%
Administration: 2.8%

*Program services revenue includes fees paid by our 31 members for meals from our kitchen partnership with Open Arms MN, billing services, and Title III funding from the federal government that's redistributed to our members to cover the cost of meals for low-income seniors. Metro Meals on Wheels offers these services to local member programs at below-market rates to increase the sustainability of our network.

*Program expenses include fees paid for meals distributed to member programs, Title III meal funds distributed, and additional support for meals for low-income individuals through the Wellness Meal Fund.

Find our Form 990 and Audited Financial Statement at meals-on-wheels.com/reports.



Metro Meals on Wheels

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Read our Annual Report to see what you helped accomplish last year!

Increase your impact on Give to the Max Day

Minnesota's biggest day of online giving is set for Nov. 16. To make your gift go further, the Richard M. Schulze Family Foundation will provide \$30,000 in matching funds toward our fundraising goal. Plus, you'll have nearly 150 chances to win bonus gifts for Meals on Wheels from the Give to the Max Day Prize Pool!

Schedule your gift beginning Nov. 1 at
bit.ly/givemeals

