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FOR IMMEDIATE RELEASE:

## **MEALS ON WHEELS SAN FRANCISCO JOINS IN MONTH-LONG MARCH FOR MEALS CELEBRATION WITH COMMUNITIES NATIONWIDE**

*SUPPORT WILL HELP TO FIGHT SENIOR HUNGER AND ISOLATION IN SAN FRANCISCO*

**San Francisco, March 12, 2019** – Meals on Wheels San Francisco (MOWSF) announced today that it will participate in the 17<sup>th</sup> annual March for Meals – a month-long, nationwide celebration of Meals on Wheels and our senior neighbors who rely on the vital service to remain healthy and live independently and with dignity in their homes. MOWSF’s celebration will include meal deliveries and visits to seniors from public officials throughout the month. In addition, MOWSF will host a Mid-Market Community Champion Day on March 21 where volunteers from the tech and business communities will deliver 600 disaster preparedness kits to homebound seniors who live in the Mid-Market area in downtown San Francisco.

“The meals and services we provide are a lifeline for the growing number of homebound seniors living in San Francisco,” said Ashley McCumber, executive director of Meals on Wheels San Francisco. “Approximately 68-percent of our senior clients live alone. By providing them with daily nutritious meals and wellness checks, we help decrease food insecurity and isolation, and assure their homes are a safe place for them to live.”

According to population projections from the California Department of Finance, nearly 30 percent of San Francisco residents will be age 60 or older by 2030. Additionally, the California Elder Economic Security index shows that 56 percent of seniors in San Francisco live in economic insecurity and 73 percent live on less than \$900 a month.

MOWSF has a long history of providing meals and social work services that help thousands of seniors live independently and maintain their general health. Since its inception in 1970, the MOWSF has grown considerably. In 2007, the program delivered 523,000 meals to homebound seniors in San Francisco, compared to 2018, where staff and volunteers delivered 2.1 million meals to 4,700 seniors, along with daily wellness and safety checks.

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to

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celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

“The month of March is a fitting time to not only celebrate the successful history of Meals on Wheels, but also bring us together to support a solution that will strengthen communities into the future,” said Ellie Hollander, President and CEO of Meals on Wheels America. “With 12,000 Americans turning 60 each day, now is the time to invest in these vital programs so that we can provide every senior in need with the nutritious meals, friendly visits and safety checks that will enable them to live healthier and independent in their own homes.”

The Mid-Market Community Champions Day will take place Thursday, March 21, between the hours of 10 am – 2 pm, at WeWork located on 25 Taylor Street in San Francisco. For more information on how you can volunteer to deliver disaster preparedness kits to 600 seniors that day, visit [mowsf.org/march4meals](http://mowsf.org/march4meals).

**About Meals on Wheels San Francisco:**

Since 1970, Meals on Wheels San Francisco (MOWSF) has provided seniors residing in the City with what they need to live independent and dignified lives – nutritious meals, professional social work services including wellness checks, and a friendly visitor. Our programs fulfill a moral and economic imperative to care for seniors in the most cost-effective way possible. MOWSF is the only nonprofit organization in the San Francisco Bay Area that can deliver 2 meals daily to senior clients. In 2018, staff and volunteers delivered 2.1 million meals to 4,700 seniors and adults with disabilities. Learn how you can get involved at [MOWSF.org](http://MOWSF.org)

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