MEALS ON WHEELS SAN FRANCISCO

Since 1970, Meals on Wheels San Francisco has provided seniors in San Francisco with what they need to live independent and dignified lives — nutritious meals, professional social work, and a friendly visitor.

In 2018, staff and volunteers delivered more than 2 million meals to 4,500 seniors — that’s approximately 6,000 meals a day!

Meals on Wheels is the only organization in the San Francisco Bay Area that can deliver 2 meals daily to senior clients.

MISSION:
Meals on Wheels provides a network of services that allow seniors to live in their homes with dignity and independence as long as possible.

WHO WE SERVE:
Our services in San Francisco are geared towards those with the greatest physical, social, and economic need.

<table>
<thead>
<tr>
<th>Ethnicity:</th>
<th>Age:</th>
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<tbody>
<tr>
<td>38% = Caucasian</td>
<td>UNDER 60</td>
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<tr>
<td>30% = African American</td>
<td>60-64</td>
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<tr>
<td>18% = Asian/Pacific Islander</td>
<td>65-69</td>
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<tr>
<td>11% = Hispanic or Latino</td>
<td>70-74</td>
</tr>
<tr>
<td>3% = Other</td>
<td>75-84</td>
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<tr>
<td>56%</td>
<td>85+</td>
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56% of seniors in San Francisco live in economic insecurity

<table>
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<tr>
<th>Gender</th>
<th>73% live on less than $990/month</th>
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<tbody>
<tr>
<td>46%</td>
<td>54%</td>
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Meals on Wheels San Francisco | 1375 Fairfax Avenue | San Francisco, CA 94124 | Telephone: (415) 920-1111 | mowsf.org | info@mowsf.org
MEALS ON WHEELS SAN FRANCISCO —
MAKING A DIFFERENCE IN SENIOR COMMUNITIES!
Without meals and support services, low-income seniors risk hunger, exacerbating medical conditions, premature institutionalization, and homelessness.

The Need in San Francisco
San Francisco, like many U.S. communities, has a growing number of seniors aging at home with limited financial resources, limited family support, and limited access to food. A staggering 56% of SF seniors live below the California Elder Index, the amount it takes to actually meet basic needs.

Meals on Wheels San Francisco serves thousands of seniors each year who are struggling every day to live in one of the most expensive cities in the world. The issues they face include:

✔ Limited or no access to food — Unable to purchase food or prepare meals
✔ Poverty — 74% live below federal poverty level, often making painful choices between food, rent or medication
✔ Isolation and multiple experiences of loss — 67% live alone
✔ Health Challenges — Diabetes, heart disease, cancer, arthritis, and others
✔ Underserved Communities — 48% live in the underserved neighborhoods of Bayview/Hunters Point, Tenderloin, and South of Market

OUR SERVICES — MEALS ON WHEELS IS MORE THAN JUST MEALS!
✔ City wide delivery of 14 meals/week to each senior; Over 2 million meals delivered annually
✔ Safety and wellness checks by drivers and follow-up when a senior doesn’t answer the door
✔ Nutrition counseling meals tailored to diabetic, low-sodium, soft food needs; assistance in managing diabetes, hypertension, food interactions with medication
✔ Social work with clients and family linking them to community senior resources
✔ Safety assistance with household supplies and repairs
✔ Volunteer Visitors/Good Neighbors offering seniors longer term relationships
✔ Weekly home delievered groceries in partnership with Department of Aging and Adult Services and the SF-Marin Food Bank

HOW YOU CAN HELP
Volunteer  Donate  Attend Events  Sign-up for our Newsletters