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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, CA (March 5, 2020)** – Meals on Wheels San Francisco (MOWSF) announced today that it is participating in the 18<sup>th</sup> annual March for Meals – a month-long, nationwide celebration of Meal on Wheels and our senior neighbors who rely on the vital service to remain health and independent at home. MOWSF’s celebration will include various activities throughout the month of March, including meal deliveries and visits by public officials, including San Francisco Mayor London Breed, as well as a Mid-Market Champion day where volunteers will deliver nearly 400 emergency kits to homebound older adults living in the heart of the Tenderloin, South of Market, and Mid-Market areas of San Francisco.

“The seniors we serve in San Francisco are disproportionately poor and isolated, and in many cases, are getting by on less than \$1,000 a month,” said Ashley McCumber, executive director and CEO of Meals on Wheels San Francisco. “It’s no surprise that they (older adults) are forced to choose between paying the rent or purchasing a healthy meal and that is why we have to ensure these citizens are properly nourished and have the supports they need in order to live independently in their homes and in the city.”

In 2019, MOWSF delivered approximately 2.2 million meals to nearly 4,300 homebound older adults living within San Francisco County.

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

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“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.”

For more information on how you can volunteer, contribute or speak out for seniors in San Francisco this March, visit [www.moswf.org/marchformeals](http://www.moswf.org/marchformeals).

### **ABOUT MEALS ON WHEELS SAN FRANCISCO**

Since 1970, Meals on Wheels San Francisco (MOWSF) has been serving people, mostly seniors aged 60 and older, who have the greatest physical, social, and economic needs and who have limited ability to purchase food and have little to no support from family and caregivers. (MOWSF) has provided seniors residing in San Francisco with what they need to live independent and dignified lives – nutritious meals, professional social work services including wellness checks, and a friendly visitor. In 2019, staff and volunteers delivered 2.2 million meals to nearly 4,300 homebound seniors and adults with disabilities.

In 2020, Meals on Wheels San Francisco will celebrate 50 years of serving the older adult community. Construction is underway on a new state-of-the-art kitchen and food production facility in the Bayview that will increase the organization’s capacity to produce up to 20,000 meals daily – more than doubling its current meal production capacity at 8,000 meals a day. The new kitchen will be the largest of its kind in California and is expected to be in operation by the end of 2020. To learn more about Meals on Wheels San Francisco and to sign up for news and information, visit [mowsf.org](http://mowsf.org).

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