2021 In Review

Nourishing the Whole Person
A MESSAGE FROM ASHLEY C. MCCUMBER

We are seeing the continued growth of older homebound seniors in need of food each year. Last year, requests for our meals and services from San Franciscans over the age of 60 increased by 25%. By 2030, city officials expect that nearly 30% of San Franciscans will be age 60 or older, and many will be living with limited resources and access to food.

With your help, we can be prepared for the future and meet the increasing need. Your donations go a long way in providing healthy food and life-changing services, such as nutrition counseling and safety checks, for our elderly neighbors.

Our mission goes beyond delivering meals — we are nourishing the whole person so that older adults in our community can live with dignity and respect in their own homes for as long as safely possible.

Your support of Meals on Wheels San Francisco enables us to provide our neighbors in need with nutritious meals, daily human contact, and supportive services that help them thrive. Thank you for your generosity.

With gratitude,

Ashley C. McCumber
CEO and Executive Director, Meals on Wheels San Francisco
Who Receives Meals on Wheels?

- Adults, 60 years of age or older
- Living in San Francisco
- Additional eligibility factors:
  - Being homebound or needing help leaving home
  - Unable to prepare meals or to shop due to mobility issues
  - A recent hospital stay or ongoing health problems
  - Primarily living alone or with a caregiver
How Older San Franciscans Compare to Meals on Wheels Clients

- **14%** of older San Franciscans live below the federal poverty level -- SF Human Services Agency (SFHSA)
- **30%** of older San Franciscans live alone -- SFHSA
- In the US, **27%** of adults age 60+ live alone -- Pew Research
67% of our seniors live alone.

72% of seniors on our program live below the nationwide poverty level.

Gender:
- 55% Male
- 43% Female
- 1% Other/No Response
- 1% Transgender
San Francisco Neighborhoods Where the Need is the Greatest

Number of older adults who received Home-Delivered Meals from Meals on Wheels San Francisco in 2021. Note, not all clients are counted here.

- Hayes Valley/Tenderloin/Civic Center/Mid-Market: 820
- South of Market: 542
- Polk Gulch/Russian Hill: 507
- Balboa Park/Excelsior/Crocker-Arizona: 301
- Bayview/Hunters Point: 287
- Inner/Outer Sunset: 273
- Inner Mission/Bernal Heights: 255
- Western Addition/Japantown/Lower Pacific Heights: 187
- Visitacion Valley/Sunnydale: 182
- Parkside/Sunset District: 181
- Outer Richmond/Little Russia: 179
- Inner Richmond/Richmond District: 146
- Park Merced/Lakeside: 145
- Telegraph Hill/Marina District: 118
- Haight-Ashbury/Panhandle/Buena Vista Park: 104
- Potrero Hill/Dogpatch: 98
- Monterey Heights/West Portal: 87
- Lower Nob Hill/Chinatown: 84
- Castro/Eureka Valley: 82
- Glenn Park/Diamond Heights: 81
- Mission Bay: 54
Our Impact in the Community in 2021
A year in, our new kitchen has been put to the test as year two of the pandemic continued. In these past twelve months, we have served more than 2 million meals to 18,000 people -- those of all ages who were impacted by COVID, as well as homebound seniors. In addition, we have curated 70 new entrées, expanding the menu’s variety and quality. This work was made possible because of the successful completion of our 50th-anniversary capital campaign at the end of 2020.
18,314
TOTAL NUMBER OF PEOPLE OF ALL AGES SERVED BY MEALS ON WHEELS SAN FRANCISCO BETWEEN JAN. 1, 2021 -- DEC. 31, 2021

San Franciscans of all Ages Impacted by COVID-19 in Need of Meals:
12,977

- 8,712 Adults Impacted
- 3,602 Number of Intake Households
- 4,265 Youth Impacted

Older San Franciscans in Need of Meals and Services:
5,337

- 4,233 Home-Delivered Meals
- 472 Seniors Who Receive Home-Delivered Groceries
- 632 Adults under the Age of 60 with Disabilities
2.3 Million

TOTAL NUMBER OF MEALS PREPARED AND DELIVERED BY MEALS ON WHEELS SAN FRANCISCO BETWEEN JAN. 1, 2021 -- DEC. 31, 2021

- 1,548,648 Meals for Seniors
- 24,589 Home-Delivered Groceries in Partnership with SF-Marin Food Bank
- 327,151 Homeless Navigation Centers Meals
- 43,436 Isolation and Quarantine Meals (Includes 14,415 Groceries) (Includes 9,150 Hispanic/Latino supplemental bags)
- 70,006 Meals Produced and Sold to Mission Compatible Partners
- 262,468 Meals for Adults with Disabilities Under Age 60

MEALS ON WHEELS SAN FRANCISCO
We are always trying to reach the extra mile. In 2021, Meals on Wheels San Francisco stepped in when **Great Plates Delivered**, the federally funded state-wide program that provided 2.7 million meals to eligible older Californians, ended on July 8. As a result, 400 older San Franciscans were suddenly without access to meals. Fortunately, we were able to bring them on to our program and today, they receive home-delivered meals, as well as nutrition counseling and social work services. Read more about the Great Plates Delivered and our role.
"The support for organizations like Meals on Wheels is more important than ever because it operates right here out of our neighborhood. I never thought that I was going to need it until I did.

We’re in our 80s now. Willie has Alzheimer's, and I am in treatment for cancer. I do love to cook; I do what I can. But I can't do much shopping anymore. Meals on Wheels is an excellent fallback for us and so many people in Bayview-Hunters Point."

--Mary and Willie, Meals on Wheels recipients since 2018
Volunteers Gave Generously of Their Time

### HOME-DELIVERED GROCERIES (HDG) PROGRAM

| 472 SENIORS SERVED | 24,589 DELIVERIES | 334,950 POUNDS OF FOOD DELIVERED BY VOLUNTEERS | HDG VOLUNTEERS GAVE 6,289 HOURS OF THEIR TIME |

### VOLUNTEERS ALSO GAVE IN OTHER WAYS IN 2021:

| 663 VOLUNTEERS | 1000+ CALLS AND VISITS TO SENIORS | 20,000 HANDMADE CARDS CRAFTED | 16,896 HOURS OF THEIR TIME VALUED AT $482,211 |
“I have a fixed route in the Tenderloin. I bring the groceries to my clients, and we look forward to seeing each other. It’s much more than just the food delivery – it’s talking with my clients, and respecting them, and empathizing with them.”

-- Michael Bereskin, Meals on Wheels San Francisco Volunteer since 2017
We are proud of our advocacy work on behalf of older adults across the state. During 2021, Meals on Wheels California (chaired by our CEO and Executive Director, Ashley C. McCumber) faithfully worked to secure an additional $75 million for senior nutrition programs in the 2022 state budget. This increased funding improves food security for seniors here and across California and is a testament to the legislature’s commitment to prioritize the needs of vulnerable and underserved communities.
Our work with elected leaders is key in making our mission possible. In 2021, California State Senator, Scott Wiener, provided critical advocacy, which obtained $1 million in State Legislature funding to purchase a vital backup generator for our new kitchen and food distribution center. The new generator will ensure the kitchen can serve vulnerable seniors in the event of a natural disaster and power outage.

Read more.
“We really cannot think of an organization that’s better run... everyone at Meals on Wheels San Francisco is so dedicated to what they do, and they give their hearts and souls every single day to the mission of making sure that seniors are cared for, secure, and fed.

We have given money to other charities, and have often wondered how it is being used. But with Meals on Wheels, we can see the positive impact of our giving on the organization and the community.”

— Harry and Rosemary Wong, Meals on Wheels San Francisco annual donors since 1997
Thank You!

Read more about our work that is made possible by you and follow us on our social channels.

MOWSF.org | Social Media: @MOWSF