



MEALS on WHEELS
SAN FRANCISCO

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,

A handwritten signature in black ink that reads "Ashley C. McCumber".

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



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



meals on wheels
SAN FRANCISCO

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

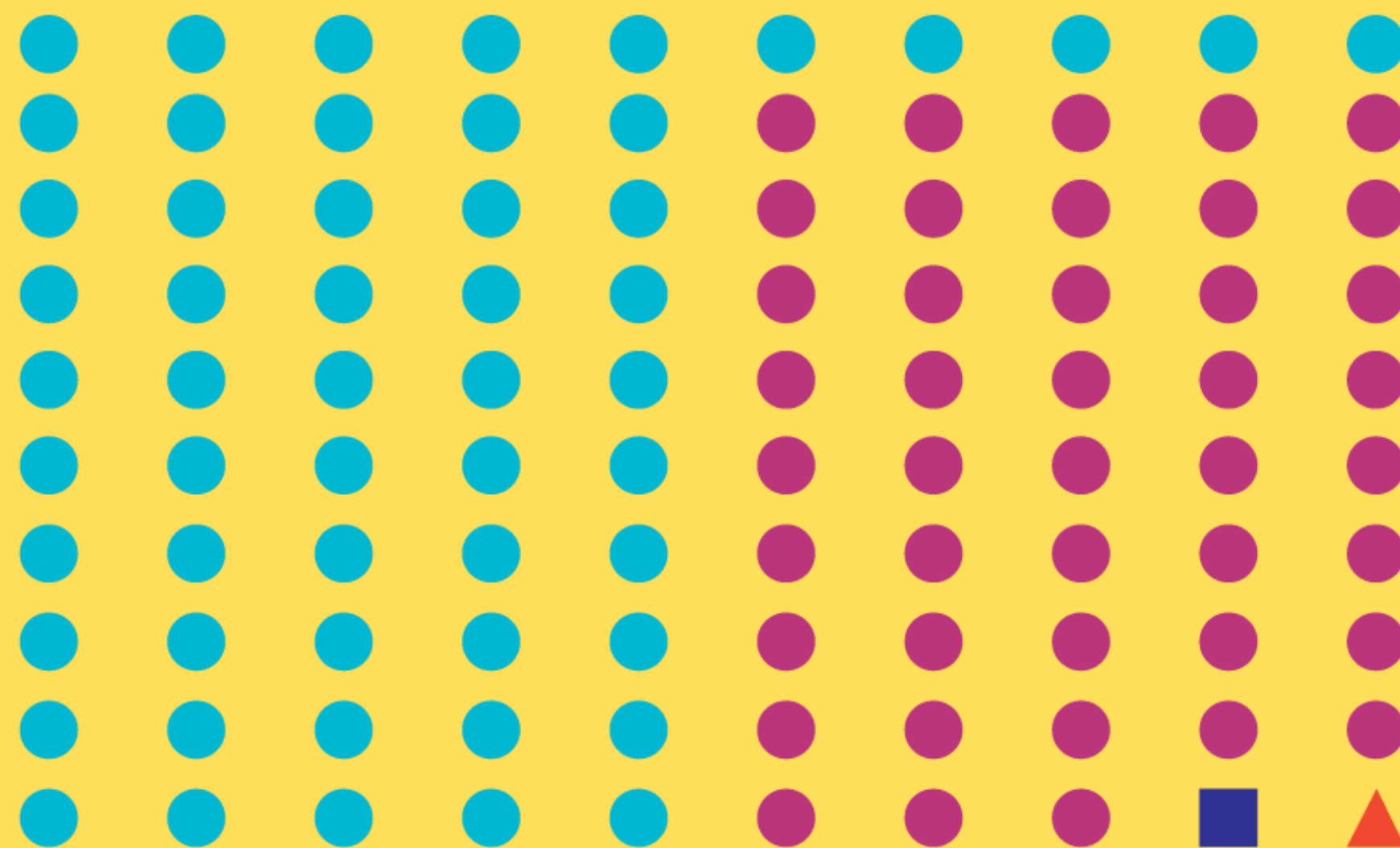


72% of seniors on
our program
LIVE BELOW
the nationwide poverty level



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GENDER



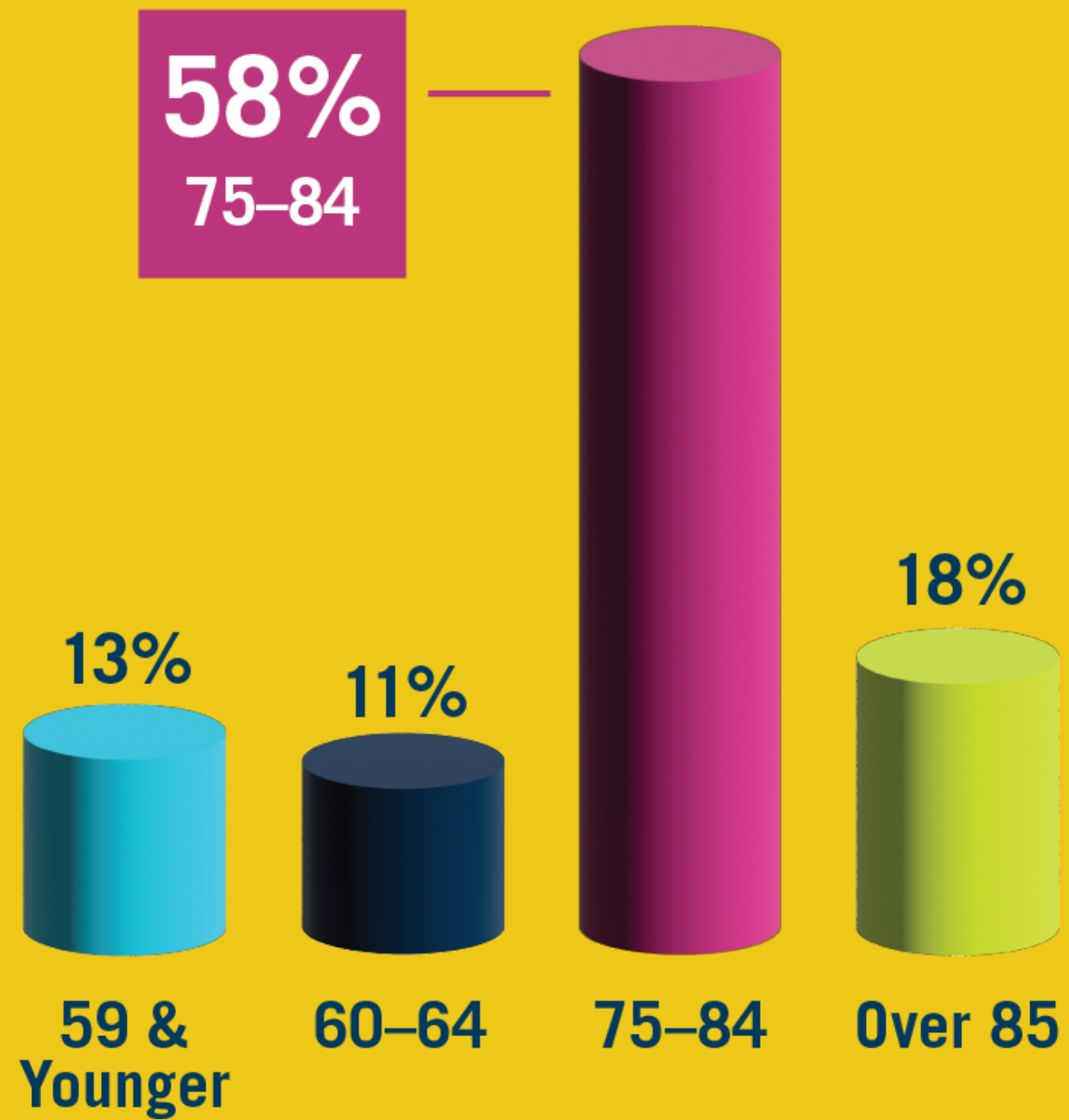
55% MALE

43% FEMALE

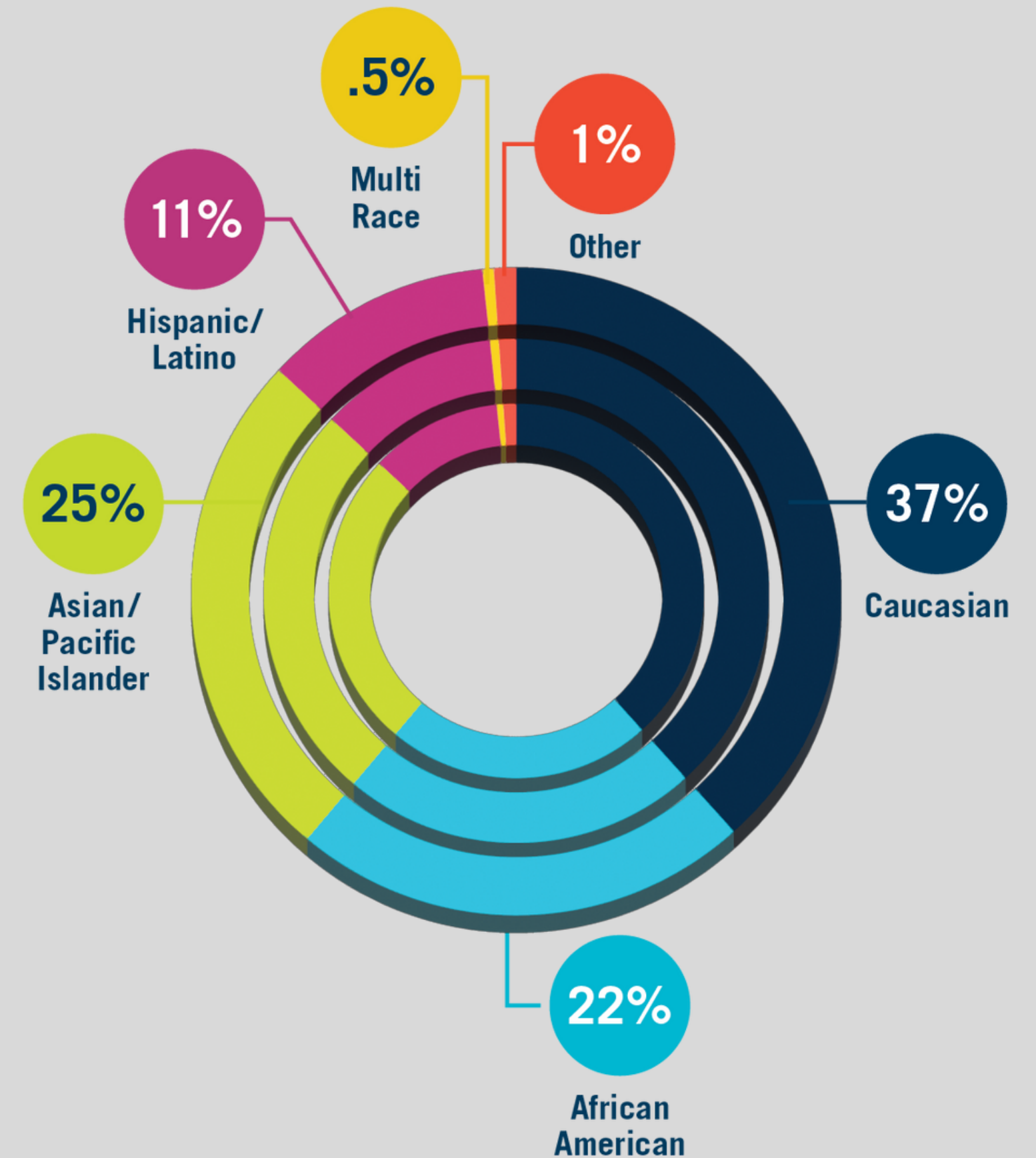
1% OTHER/NO RESPONSE

1% TRANSGENDER

AGE

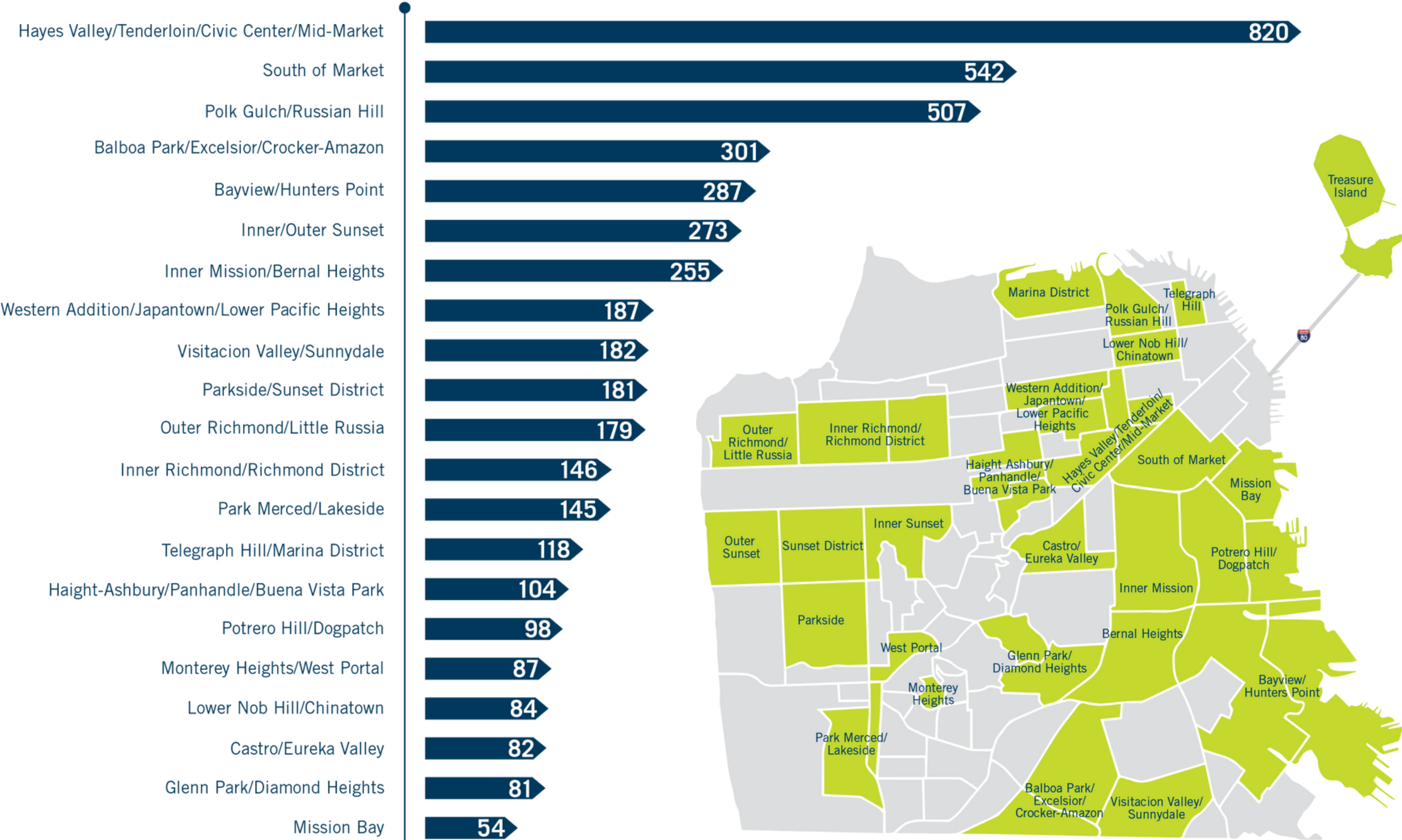


ETHNICITY



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.



Our Impact in the Community in 2021



A Record Year of Serving Those in Need



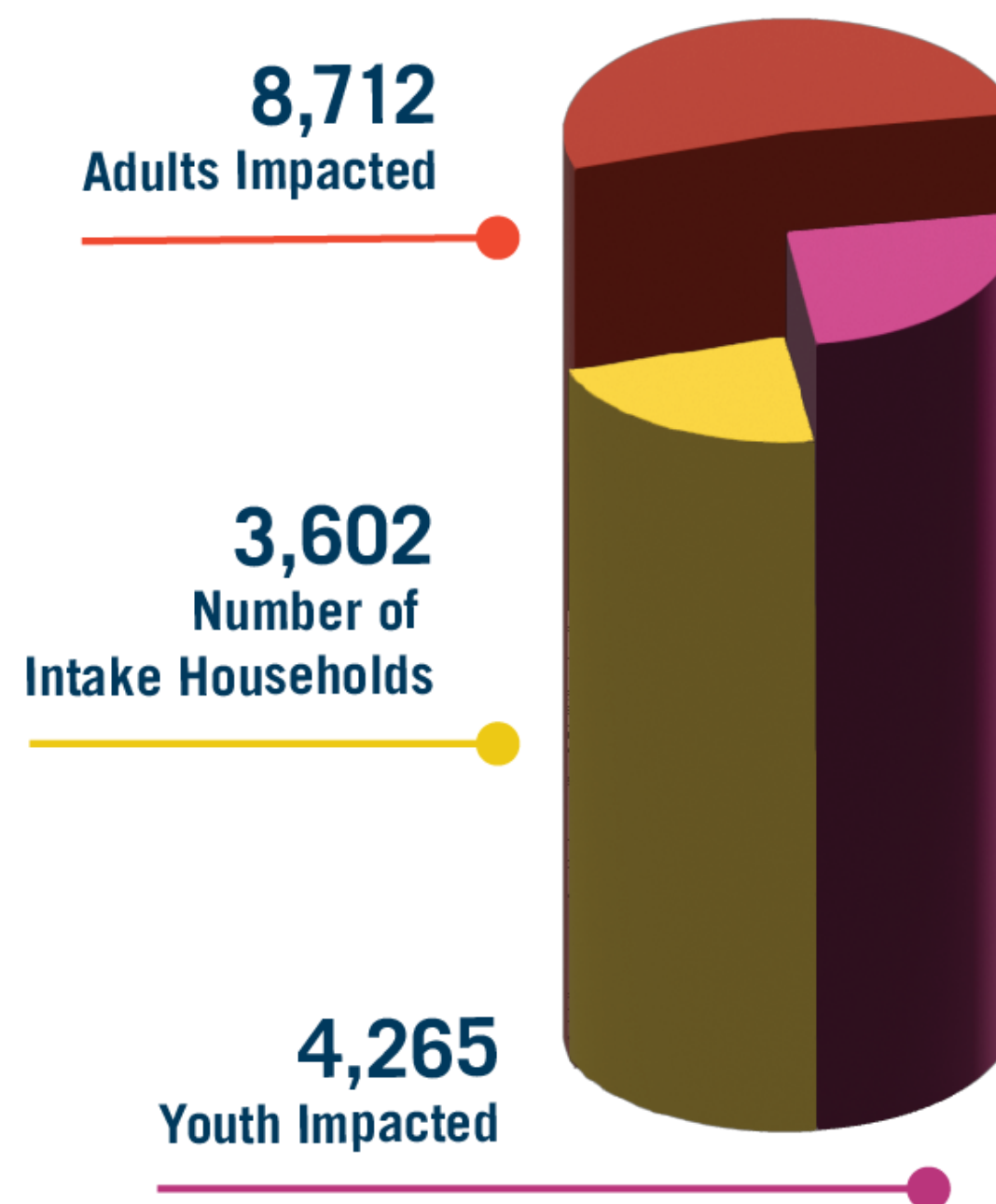
A year in, our new kitchen has been put to the test as year two of the pandemic continued. In these past twelve months, we have served more than 2 million meals to 18,000 people -- those of all ages who were impacted by COVID, as well as homebound seniors. In addition, we have curated 70 new entrées, 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

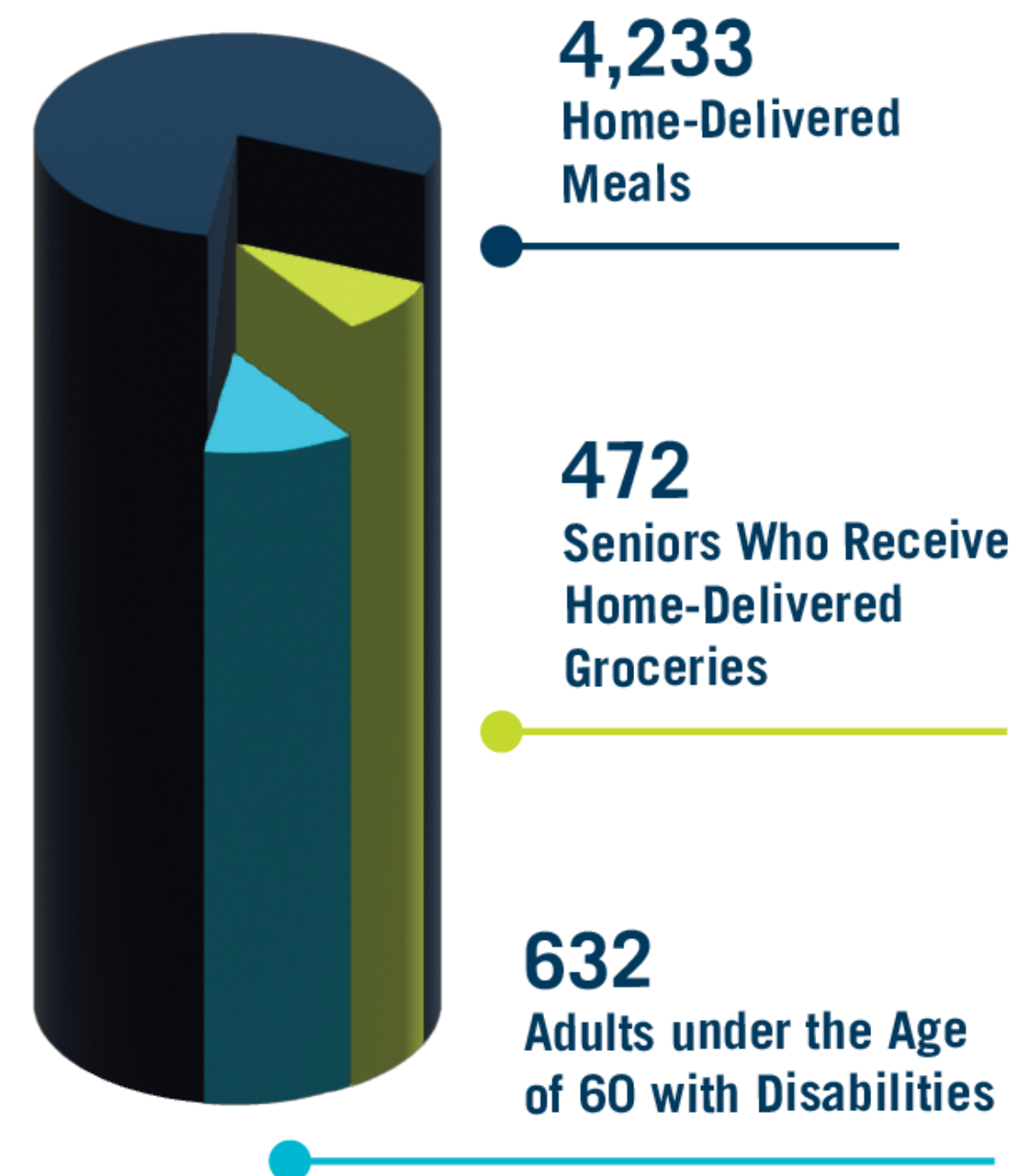
TOTAL NUMBER OF
PEOPLE OF ALL AGES
SERVED BY MEALS ON
WHEELS SAN FRANCISCO
BETWEEN JAN. 1, 2021 --
DEC. 31, 2021



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



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

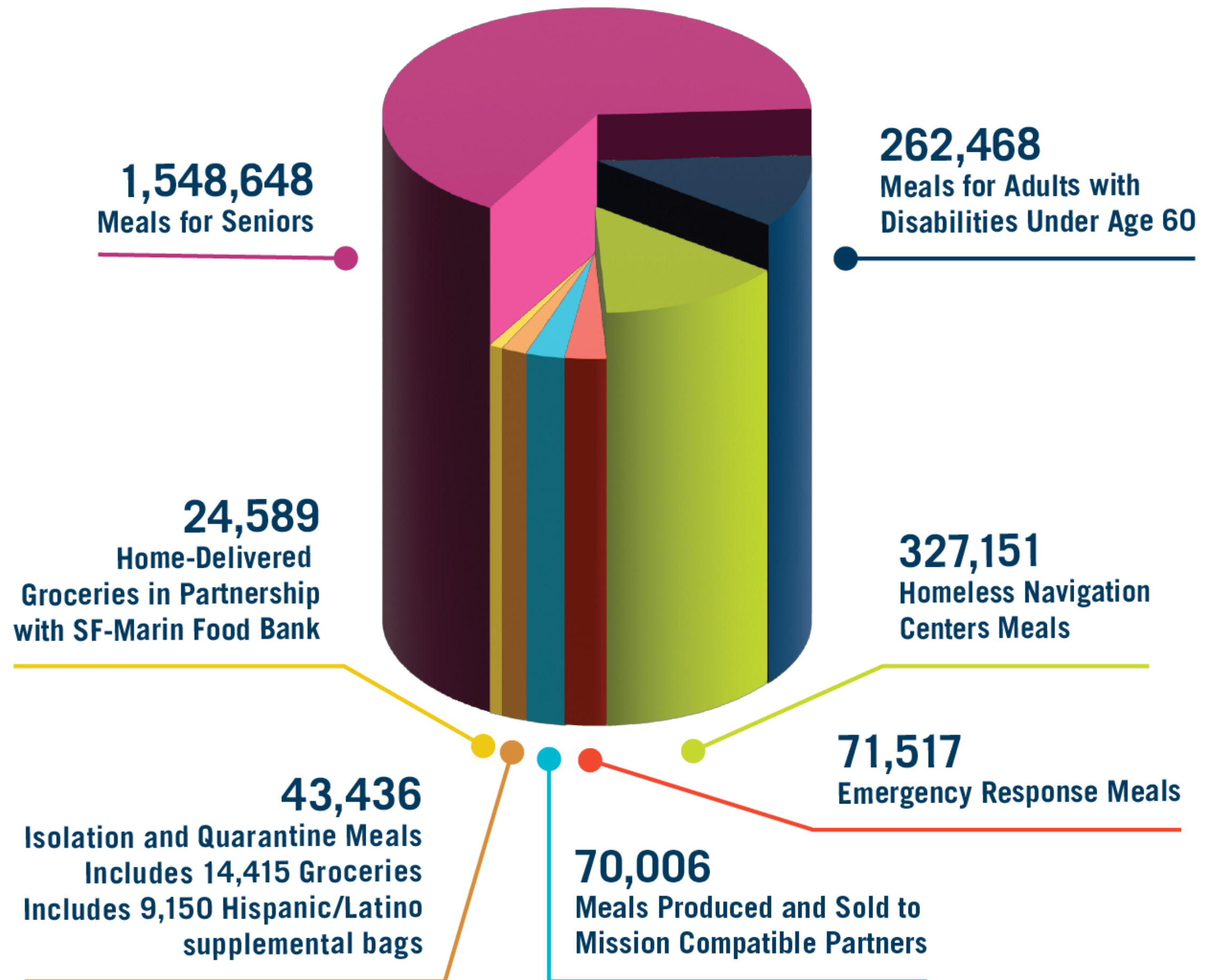


2.3 Million

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



MEALS ON WHEELS
SAN FRANCISCO



The Extra Mile Starts Here

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.](#)





Husband and wife, Willie and Mary, receive Meals on Wheels. They are former publisher and editor of the San Francisco Bay View newspaper.

"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



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Learn about Volunteering Opportunities



“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

Advocacy for Increased Funding to Conquer Senior Food Insecurity



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.



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Powering Our Mission



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.](#)



MEALS on WHEELS
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How You Can Help!



“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



BECOME A MONTHLY SUPPORTER

Monthly donations help us to budget for the programs that are vital to our efforts to help seniors remain healthy and independent.

You may make a monthly donation at any level you choose, and your gift will be automatically charged to your credit card or withdrawn from your account each month. It’s that easy!

For more information, visit www.MOWSF.org/monthly-giving or contact Salena Bailey at sbailey@mowsf.org or 415-343-1267.



LEAVE A LEGACY

A legacy gift to Meals on Wheels San Francisco is an investment in the continued care of vulnerable homebound seniors and helps to ensure we will always be here for them.

Our team can help you plan for your financial future while supporting your philanthropic goals through bequests, beneficiary designations, and IRA charitable rollovers.

Your commitment today will ensure we can continue to keep seniors nourished in the future!

For more information, visit www.MOWSF.org/legacy-giving, call or text Berkley Summerlin at 415-343-1269, or email her at bsummerlin@mowsf.org.



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

