



Meals on Wheels San Francisco 2022 Quick Facts

Meals on Wheels America

- Founded in 1974
- The first U.S. local Meals on Wheels program started in Philadelphia in 1954
- Today, Meals on Wheels America is a nationwide network of community-based, non-profit programs dedicated to providing seniors in their communities with the support that enables them to remain living in their own homes
- Meals on Wheels America advocates on behalf of more than 5,000 independently-run, local, community-based programs
- Meals on Wheels has approximately 2 million volunteers, supports 2.4 million seniors, and provided nearly 218 million meals to seniors in 2017

Meals on Wheels San Francisco (MOWSF)

- Founded in 1970
- MOWSF exists to alleviate the food insecurity and loneliness experienced by seniors who want to stay in their own homes but can't shop or prepare meals for themselves
- Gears its services towards those with the greatest physical, social, and economic need
- The only organization in San Francisco that home-delivers two meals per day, up to 7 days per week, nutritionally tailored to meet the dietary needs of senior clients
- Delivers more than 2 million meals per year, prepared in our Bayview kitchen
- Has a staff of approximately 150, augmented by 2600+ volunteers, serving approximately 4,200 homebound seniors in every San Francisco neighborhood

Meals on Wheels San Francisco clients

- 60 years old or older (exceptions exist for younger people with disabilities)
- Must live in San Francisco
- All seniors are eligible, based on need – there is no financial benchmark for services
- Most face financial struggles: 75% live below the federal poverty line (\$970 per month)
- 67% live alone, without the support of family or friends
- Clients are frail and/or homebound, have limited ability to purchase or prepare meals, and have little or no support from family or caregivers