

NOURISH NEWS

NOURISHING THE WHOLE PERSON

SUMMER 2021



MEALS ON WHEELS ADDS LOCALLY PRODUCED 100% GRASS-FED MEATS TO ITS MENU

Where's the beef? It's at Meals on Wheels San Francisco! Earlier this year we began preparing many of our meals with 100% grass-fed, pasteurized, beef and pork supplied by Marin Sun Farms, the last remaining USDA inspected abattoir in the Bay Area and a facility that provides the highest quality meats available in the state.

"This collaboration is part of our bigger vision in providing healthy and delicious foods to thousands of seniors who receive meals from us daily," said Ashley McCumber, CEO of Meals on Wheels San Francisco.

"We're also striving to advance the quality of our meals by thinking of new, creative ways to source a variety of fresh foods that are locally produced right here in the Bay Area. Our Marin Sun Farms partnership is among others we're developing with the San Francisco Wholesale Produce Market and Earl's Organics to ensure older adults have access to a variety of fresh produce

and meat that they'll love to eat and that are healthy for them."

Today, Meals on Wheels cooks between 3,000 and 4,000 pounds of Marin Sun Farms meats weekly. Specialty dishes like pork mole, or beef with spiced lentils and spinach, are now made with Marin Sun Farms products.

"Eating fresh foods is much healthier than eating processed foods, especially for our older population who may already have health challenges, such as controlling their blood pressure and/or blood sugars," explained Nancy Wong, Director of Nutrition Services at Meals on Wheels San Francisco.

Claire Herminjard, Co-Executive Officer of Marin Sun Farms says her company is thrilled to be providing meats to homebound seniors on our program. During a recent call, Herminjard

explained that "her company's goal is to provide access to healthy and clean proteins to all communities, not just those who can afford them."

"Meals on Wheels fits within our mission as many older adults who receive your meals most likely cannot make it to the grocery store, or if they can, may not be able to afford to purchase good quality meat," said Herminjard.

Read the rest of the story at: mowsf.org/marin-sun-farms



Visit our press room for more news and digital content!

MOWSF BY THE NUMBERS

In 2020, we produced and delivered home-delivered meals and groceries to three times the number of people who would normally be on our program — the most we've ever served in one year since our founding in 1970.

Read more about who we serve: mowsf.org/about

OUR IMPACT IN THE COMMUNITY IN 2020 THANKS TO YOUR SUPPORT



5,226
Number of homebound seniors and adults with disabilities served



16,462
Total number of San Franciscans served



2.4 MILLION
Number of meals served including people impacted by COVID-19



68% of seniors we serve in San Francisco **LIVE ALONE**



74% of seniors on our program live below FPL (\$1000 a month)

HOME-DELIVERED GROCERIES:



520 seniors served
22,374 deliveries
346,000 LBS of food

OUR COVID-19 RESPONSE

Intakes
= 2,985 HOUSEHOLDS



Individuals Served
= 11,236

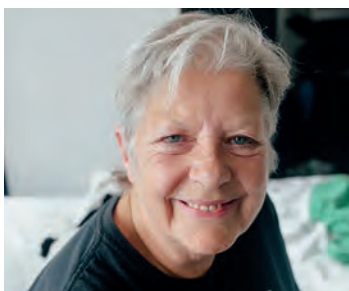


Adults 19 and older = **8,159**
Youth 18 and younger = **3,077**

Meals Delivered
= 63,550



Groceries = **15,053**
Supp. Bags = **4,867**



OUR MISSION:

To provide a network of services that allow seniors to live in their homes with dignity and independence for as long as safely possible.

IN PROFILE



KALEO'S POSITIVE VIBES

At an early age, Kaleo, became fascinated with Hawaiian culture, even though he is not Hawaiian. He knew in his heart that he was a showman, so throwing caution to the wind (and setting aside a career in accounting), the San Francisco native studied Polynesian dancing and in 2000, became a Kuma Hula.

His passion and training in the art would bring him much joy for many years as an entertainment manager for a major hotel on the island of Guam. Then, in 2011, Kaleo started feeling pain in his right leg. An MRI revealed a spinal cord injury and an unsuccessful surgery resulted in Kaleo becoming a paraplegic — permanently wheelchair-bound.

Kaleo returned to San Francisco for physical therapy and given he could no longer work at the job he loved, he moved in with his family. During the months and years that followed, Kaleo became depressed and began ignoring his nutritional needs — turning to less healthy foods or skipping meals altogether. His physical therapist became concerned about his poor diet and in 2018, introduced Kaleo to nutritionists from Meals on Wheels who helped him better understand what food he really needed to regain his strength and keep healthy.

Today, thanks to the encouragement from our team and a regular supply of home-delivered meals, Kaleo is able to manage his health, which helps him keep a positive attitude.

Read Kaleo's story at mowsf.org/kaleo

MEALS ON WHEELS VOLUNTEER CONTINUES TO GIVE BACK TO HER COMMUNITY

At 71-years of age, Mary Cerutti has been volunteering with Meals on Wheels San Francisco since 2017. She, along with a small army of volunteers, arrives at the Bayview headquarters early on Wednesday mornings in order to bag thousands of pounds of fresh produce, fruit, potatoes, and protein into bags for delivery to older homebound people in need in nearly every neighborhood throughout the city.

"I wish more people did stuff like this (volunteering) because it changes your perspective about people in need. They (seniors) are just regular people like you and me or anyone else."

— Mary Cerutti, MOWSF Volunteer

Volunteers are key in helping to provide groceries to some of the most vulnerable communities in the city. Last year alone volunteers with our Home-Delivered Groceries (HDG) program bagged 336,000 lb. of groceries and delivered them directly to the homes of 520 seniors, weekly. In all, they donated nearly 15,000 hours of their time during the pandemic fulfilling many roles including HDG, making friendly calls to isolated seniors, and even doing personal shopping errands for others who were housebound for safety and in need of fresh food and supplies.

We met up with Mary recently to get a sneak peek of her day as a Meals on Wheels volunteer.

Read the rest of our interview at: mowsf.org/mary



MEALS ON WHEELS SAN FRANCISCO



In March 2020, we had an important fact confirmed — there are many more San Franciscans living on the margins than we could ever have imagined. As COVID-19 cases increased and shelter-in-place became the new norm — Meals on Wheels adjusted critical infrastructure and protocols to ensure staff, volunteers and seniors were safe, meals were made and delivered, and no older San Franciscan on our Home-Delivered Meals or Home-Delivered Groceries programs went hungry. In all, we served more than **16,000 people of all ages** in need of home-delivered meals during the pandemic — **three times the number we served in 2019 and a record milestone in our 50-year history!**

We thank everyone who supported us during the pandemic. We're truly stronger together for the greater good. [Read more at: mowsf.org/coronavirus](https://mowsf.org/coronavirus)

MEALS ON WHEELS PROVIDES MEALS AND MORE FOR THOSE IN NEED DURING THE PANDEMIC

March 2020

CELEBRATING 50 YEARS OF NO



In 2020, we celebrated our **50th year of operations**. From our humble beginnings in 1970 as a grass-roots organization helping 100 seniors in the City obtain food, to the

essential service we've grown to become today in providing nutrition and social work services as well as more than 2 million meals annually to thousands of older, food insecure and isolated adults — Meals on Wheels San Francisco is poised to be there for them for many more decades to come!

During our virtual dedication of the new kitchen in November, we were honored to have been recognized for our work in serving the senior community these past 50 years, with recorded messages from

Speaker of U.S. House of Representatives, Nancy Pelosi, CA Senator Scott Wiener, CA State Assemblymember, David Chiu, and SF Mayor, London Breed. Read about our history and watch videos at: mowsf.org/50-years



CELEBRATES BIG MILESTONES IN 2020



While the pandemic continued, and need for meals and services grew, we held the course on completing one of the biggest milestones in our history — the construction of our \$41 million industrial kitchen and food distribution center.

You may recall that in July of 2019, we broke ground marking the beginning of construction of this two-story facility.

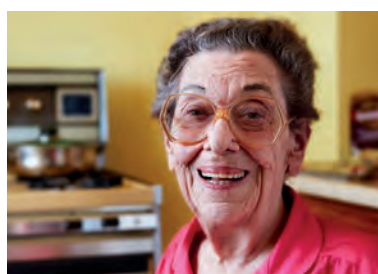
The project continued throughout the year uninterrupted, and on November 19, 2020, we held a virtual dedication and grand opening of **The Sangiacomo Flynn Building** — home to **The Andy and Teri Goodman Nourishing Kitchen** — a facility with the capacity to produce up to 30,000 meals daily. Thanks to the generosity of so many supporters, we were able to close the **50th Anniversary Capital Campaign** at the end of 2020 having met the fundraising goal for the new building.

Read more about the new kitchen and take a virtual tour led by CEO Ashley McCumber, at: mowsf.org/kitchen

WE OPENED A BRAND NEW KITCHEN!

November 2020

NOURISHING THE WHOLE PERSON!



AROUND MEALS ON WHEELS



SF HEART

Our hearts are full of joy with the arrival of a beautiful *Hearts In San Francisco* sculpture! Created by Hunters Point artist, Stephanie Steiner, the sculpture is titled: Tales of the City.

BIG thanks to Bank of America for this beautiful gift which is now proudly displayed in our new kitchen and food distribution center in The Sangiacomo Flynn Building in Bayview, and to San Francisco General Hospital Foundation for sharing the joy these sculptures bring!



KEEPING SENIORS' SMILES HEALTHY!

Thanks to our partners at Delta Dental, thousands of seniors will be smiling a little brighter. Earlier this year, nearly 4,000 meal recipients received a dental hygiene kit from Delta Dental in their meal and grocery deliveries.

Each of the brightly colored pouches contained toothbrushes, toothpaste, and floss. Meals on Wheels San Francisco and Delta Dental look forward to partnering together to improve the oral health of older adults. **Read more at: mowssf.org/delta-dental**



COOKING WITH TIM & RICHARD

During Volunteer Appreciation month, in April, more than 100 of our volunteers had an opportunity to watch our first-ever live cooking demo. Tim Quaintance and Richard Crocker, members of our own culinary team at Meals on Wheels San Francisco, delivered a lively and tasty cooking class.

Viewers were treated to a delicious tutorial on how to prepare a 3-course meal that included: Halibut Ceviche, Halibut en Papillote, and Pan Seared Halibut with Salsa Verde, Asparagus and Meyer Lemon Aioli! **Full recipes and video can be viewed at: mowssf.org/volunteer**



STAR CHEFS & VINTNERS GALA AND AUCTION

Thank you to everyone that watched our **Gala on May 23**, and made generous donations in order to help ensure older San Franciscans do not go hungry. The fundraiser was broadcast live at Got Light Studios and hosted by KCBS personality Liam Mayclem. The evening featured an intimate look at many of our restaurant and wine partners along with cooking demos by some of the Bay Area's top chefs. In all, you helped us raise over \$1,000,000! That equates to 200,000 additional meals we'll be able to provide to homebound seniors this year! **THANK YOU!**

If you missed the broadcast, check it out here: mowssf.org/gala

IN OTHER NEWS



SHARE YOUR STORY!

At Meals on Wheels, we're celebrating **Older American's Month** all year long! We invite you to share your favorite stories highlighting this year's theme: "Communities of Strength."

We would love to hear your stories about why an older person in your life is so special and how they give you inspiration. This story may be about a family member, friend, neighbor, or even co-worker, and could be something you want to recognize them for such as a special milestone they've achieved, or even why they make you smile and your life brighter.

Your story of strength can also be about how you or someone you know have reached out and connected to an older adult to ensure they were taken care of, particularly during the pandemic. Chosen stories may be featured on our website or in upcoming editions of *Nourish News*!

Details on how to share your story with us can be found at: mowsf.org/mystory

HIV SURVIVOR LIVES LIFE FULL OF PRIDE

In 1980, Jonathan, a gay man who turns 65 this year and receives Meals on Wheels, moved to San Francisco to escape from El Paso, Texas — the epitome of anti-gay culture and support. He found love and a new career in nursing in a new city. Then the AIDS epidemic hit and in 1987, Jonathan became ill with HIV.

The diagnosis was shocking to him, as well as to his family back in Texas who stopped communicating with him. Life in the gay mecca known as the Castro was no longer dreamy — every day was a struggle to stay alive.



"I think I've been to 50 funerals — since that happened. And now I don't have any friends left — they're all dead, but, I'm

still clicking away," Jonathan explains, teary-eyed.

After a scooter accident in 2018, Jonathan signed up for Meals on Wheels, which he says "saved his life" when it became difficult for him to shop for food. **Read the rest of his story at: mowsf.org/jonathan**



Approximately 7%
of the seniors we serve
Self-identify as LGBTQ



District 10 Supervisor, Shamann Walton and Meals on Wheels discuss food insecurity issues in his community.

MARCH FOR MEALS 2021

This year's March for Meals celebrations looked a little different as a result of the pandemic. In San Francisco, we replaced in-person meal delivery and meet-and-greets between elected officials and senior clients, with Zoom meetings with Meals on Wheels staff. These virtual calls gave us time to talk about how we, together, can best serve the growing population of older, food insecure San Franciscans, post pandemic.

March for Meals is a nationwide campaign that recognizes the historic achievement of the Older Americans Act (OAA) in 1972. The OAA paved the way for funding of senior nutrition programs such as Meals on Wheels. **Read more at: mowsf.org/march4meals**



MEALS on WHEELS
SAN FRANCISCO

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1375 Fairfax Ave
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The Sangiacomo Flynn Building
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San Francisco, CA 94124

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PLANNING FOR THE FUTURE



Two Ways You Can Make a Difference

Recently, we received a beautiful note, along with a legacy gift, from a family member whose mother had passed away. "My mother was a Meal on Wheels driver for several years. To her, delivering meals was more than just providing nutrition for the body as she also tried to engage those she was delivering to. She got much joy from their appreciation that your program provides."

We are grateful for her thoughtfulness and for thinking of Meals on Wheels in her legacy planning. **For more information about legacy giving, or to make a legacy gift, please call us at (415) 343-1267.**

P.S. If you'd like to make a **gift of stock** — you can now do so online through our new portal powered by Overflow! **Details at: mowsf.org/give-stock**