



FOR IMMEDIATE RELEASE

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**MEALS ON WHEELS OF SAN FRANCISCO JOINS IN #SAVELUNCH
MOVEMENT WITH COMMUNITIES NATIONWIDE THIS MARCH**

San Francisco, CA – Meals on Wheels of San Francisco (MOWSF) announced its participation in the #SaveLunch campaign alongside communities nationwide. Led by Meals on Wheels America, this campaign aims to support senior neighbors and protect essential services that allow them to remain healthy and independent at home. MOWSF will be facilitating home-delivered meal deliveries and visits to seniors by Bay Area elected leaders in honor of the Older Americans Act Nutrition Program. With over 5,500 older adults in San Francisco and San Mateo Counties relying on Meals on Wheels for daily meals and wraparound services, the importance of this program cannot be overstated.

“It’s a perfect storm for older adults right now,” explained Jennifer Steele, chief executive officer at Meals on Wheels of San Francisco. “Programs like ours are a lifeline for thousands of seniors 60 and older who are aging in place, who have outlived relatives and spouses, and who are, in many cases, feeling lonely. Loneliness is as dangerous as hunger and often the Meals on Wheels driver may be the only human connection they’ll have that day.”

In light of a 31 percent increase MOWSF saw in new seniors requesting home-delivered meals in 2023 compared to 2019, the Older Americans Act Nutrition Program funding truly plays a crucial role in ensuring that seniors in the Bay Area have access to nutritious meals.

In addition to preparing and delivering nearly 2 million meals to seniors in 2023, MOWSF provides essential nutrition counseling beneficial for seniors. Approximately 29 percent of seniors receiving home-delivered meals have chronic health conditions such as heart disease and diabetes.

The national #SaveLunch campaign commemorates the historic day in March of 1972 when the Older Americans Act was amended to include a nutrition program for Americans 60 years and older. More than 50 years later, 12 million older Americans are still threatened by or experience hunger, and one in three seniors feels lonely. That is why Meals on Wheels programs from across the country are joining forces to raise awareness and support to ensure we can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for decades to come.

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“Now is an important time for us to unite to ensure that Meals on Wheels is there for all of our senior neighbors in need,” said Ellie Hollander, President and CEO of Meals on Wheels America. “In the face of soaring demand and costs that surpass our current resources, we need to come together as communities to bridge the gaps. I encourage you to participate by donating, volunteering, or speaking out for seniors throughout March to play your part. We can’t do it alone – it takes all of us to save lunch for our seniors.”

For more information on how you can volunteer, contribute, or speak out for the seniors in the Bay Area, visit www.MOWSF.org/march-for-meals.

About Meals on Wheels America

Meals on Wheels America is the leadership organization supporting the more than 5,000 community-based programs across the country that are dedicated to addressing senior hunger and isolation. Powered by a trusted volunteer workforce, this network delivers a comprehensive solution that begins with a meal and is proven to enable independence and well-being through the additional benefits of tailored nutrition, social connection, safety and much more. By providing funding, programming, education, research and advocacy, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time.

About Meals on Wheels of San Francisco:

Meals on Wheels of San Francisco (MOWSF) is a nonprofit organization dedicated to the health and well-being of homebound seniors aged 60 and older as well as people with disabilities in San Francisco who face financial hardship, illness, or disability. It is the only organization in the Bay Area to offer 2 home-delivered meals a day. MOWSF started in San Francisco exclusively in 1970 and recently expanded its geographic coverage region to include older people living in Northern San Mateo County. Today, MOWSF delivers more than 2 million meals yearly filling a much-needed service and ensuring no senior goes hungry or is forgotten. In addition to meals, MOWSF provides a network of professional services that help seniors live with dignity and independence in their homes. These services include nutrition counseling, social work, and wellness services that decrease isolation.

Meals on Wheels of San Francisco is supported by donations from individuals, businesses, foundations, and government grants. The organization also partners with local businesses and community organizations to deliver on its mission of Nourishing the Whole Person. Learn how you can get involved at www.MOWSF.org.

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