



2023 IMPACT REPORT



Nourishing the Whole Person Since 1970



WHO WE ARE PAST & PRESENT

Meals on Wheels of San Francisco (MOWSF) has been changing lives of food insecure seniors for more than five decades. In the late 1960s, a small group of citizens, including those from the local women's auxiliary, formed a grass-roots movement to look after their elderly neighbors living in San Francisco. Together, they prepared meals in their homes and delivered them to approximately 100 seniors in their neighborhoods. **By 1970**, the number of seniors in need of meals tripled, and with that the permanent need to have an ongoing program focused on ensuring older adults in the City always had a nutritious meal on their table.

Today, MOWSF is the **leading provider of nutritious, home-delivered meals and services to thousands of older adults** in the Bay Area. It is the only organization in the Bay Area to offer two home-delivered meals a day to seniors in need.

OUR MISSION

We believe that all seniors have the right to live independently with dignity and respect in their own homes for as long as safely possible.

It is our mission to provide isolated homebound older adults with nutritious meals, daily human contact, and supportive services to prevent their premature institutionalization.



ACHIEVEMENTS IN 2023



In 2023, your generous contributions enabled **5,500 homebound seniors** to receive essential home-delivered meals and services. Among them, **2,400 were new beneficiaries**, marking a **substantial rise from 2019**, when 1,462 older adults, unfamiliar with Meals on Wheels, sought assistance. The growth underscores the increasing demand for our vital services.



During the year, we focused on improving our meals program infrastructure to **address chronic health conditions** such as heart disease and diabetes, which are prevalent among 29 percent of the seniors we serve. This initiative will have a lasting impact on the overall health and well-being of our clients.



In 2023, we celebrated a milestone in our history -- the opening of our **new headquarters, The Wong HQ**, named in honor of MOWSF board member Rosemary Wong and her husband Harry, who passed away in 2024. This new facility provides a central hub for our operations and further enhances our ability to serve the community.



Thanks to the support of Amazon, Goodman and both San Francisco and San Mateo Counties, our **Electric Vehicle Initiative** made significant progress. We added 8 EV Ford Vans to our fleet of meal delivery vehicles, resulting in an estimated savings of \$150K in fuel costs within just 6 months of the vehicles hitting the road.



WHO WE SERVE

Your support in 2023 allowed us to respond to thousands of older adults in need of meals, making sure that homebound seniors who are food insecure receive up to two nutritious home-delivered meals a day if they choose.



* Number of older adults served in SF & SMC in 2023

* Total unduplicated



4,939

Number of homebound seniors in SF who received Home-Delivered Meals



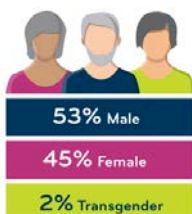
606

Number of homebound seniors in SMC who received Home-Delivered Meals

SAN FRANCISCO COUNTY



Ages of people served in SF



Ethnicity of people served in SF



63% of seniors we serve in SF LIVE ALONE



65% of seniors we serve in SF live on LESS THAN \$1,215 A MONTH

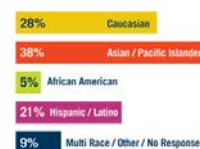
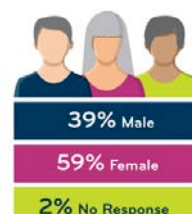


18% of seniors served in SF have poor mobility or are bedbound

SAN MATEO COUNTY



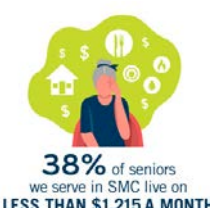
Ages of people served in SMC



Ethnicity of people served in SMC



46% of seniors we serve in SMC LIVE ALONE



38% of seniors we serve in SMC live on LESS THAN \$1,215 A MONTH



28% of seniors we serve in SMC rely on walkers/wheelchairs



HEALTHY MEALS HEALTHY LIVES



2.5 million meals
prepared in our kitchen in 2023

The capacity of our industrial kitchen and food distribution center in Bayview enables us to promptly and efficiently prepare a variety of nutritious meals.



918,513
Community Partner Meals

In addition to serving homebound older adults, the entrepreneurial nature of our kitchen allows us to prepare meals to be distributed by community partners with similar missions of feeding people in need.

HOME-DELIVERED MEALS TO SENIORS



1.6 million meals
delivered to homebound seniors in SF and SMC

1.5 million
meals delivered to seniors in SF



104,163
meals delivered to seniors in SMC



10,000+ meals
prepared in our kitchen daily



125
unique menu items



CHANGING LIVE OUTCOMES

In addition to the meals, your support provided wraparound services that help seniors live safely in their homes, countered loneliness and isolation, and improved their health nutrition literacy and medical outcomes.

SAFETY & WELL BEING



3,394 seniors in SF and SMC assessed by our Social Work team



295,724 Wellness visits made by our drivers in 2023



136,184 intake and safety board calls

COUNTERING LONELINESS & ISOLATION



Connected 751 seniors in SF to services decreasing isolation

41 seniors in Friendly Caller volunteer program



Volunteers crafted 19,000 cards for seniors

HEALTH & NUTRITION

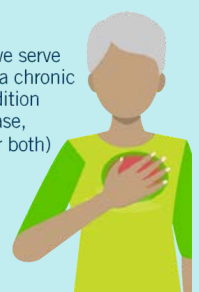


1,598 seniors received nutrition counseling in 2023



Distributed 15,204 nutrition education handouts

29% of seniors we serve in SF have a chronic health condition (heart disease, diabetes, or both)





WHAT SENIORS HAVE TO SAY

ABOUT MEALS ON WHEELS SAN FRANCISCO

We are grateful for your continued support and look forward to making an even greater impact in our community in the coming year. Thank you for helping us to feed and support older adults in need.



Paul, Age 81

“I’m on a fixed income – if it wasn’t for Meals on Wheels, it would be very difficult for me. Meals on Wheels has been a blessing to me.”



Jerry, Age 69

“They [Meals on Wheels] care about me. They take the time to acknowledge me as a person, not just with their food, but with their attitude when they greet me each week. I look forward to them coming every week. It’s a wonderful organization, and I highly recommend it.”

WHAT SENIORS HAVE TO SAY



Roslyn, Age 71

"It's a wonderful program, a wonderful staff. I love the enchiladas; I like the fish, I like the steak and potatoes and the meatloaf — delicious! They [Meals on Wheels] include you just like a family member."



Michael, Age 91

"They [Meals on Wheels] care about what they're doing; you can see it in their faces. Everyone that delivers, they are smiling. I would recommend them to anyone."



Bill, Age 75

"I am really very thankful for you. And, I am pleased with Meals on Wheels. I cannot thank you enough. It's so touching; I've never met such kind people."



Ilene, Age 72

"I'm grateful for Meals on Wheels. A lot of the time, I get tired, so popping meals in the microwave is very helpful. Also, I save probably about \$20-\$50 a week in food costs."



VOLUNTEER IMPACT

VOLUNTEER CONTRIBUTIONS MAKE OUR WORK POSSIBLE



590 volunteers
helped decrease loneliness
and isolation

Volunteers form the foundation of our mission, dedicating their time to deliver groceries, provide companionship to isolated seniors, and bring joy to older individuals through acts of kindness.



374,104 pounds
of food
bagged by
volunteers

In 2023, we launched the **Nourish and Connect Program**, that puts volunteers from the corporate sector in a pivotal role in supporting our Social Work team's assessments of seniors. These volunteers also assisted in our kitchen and assembled hundreds of birthday treat packages monthly.



14 volunteers
500 shopping trips

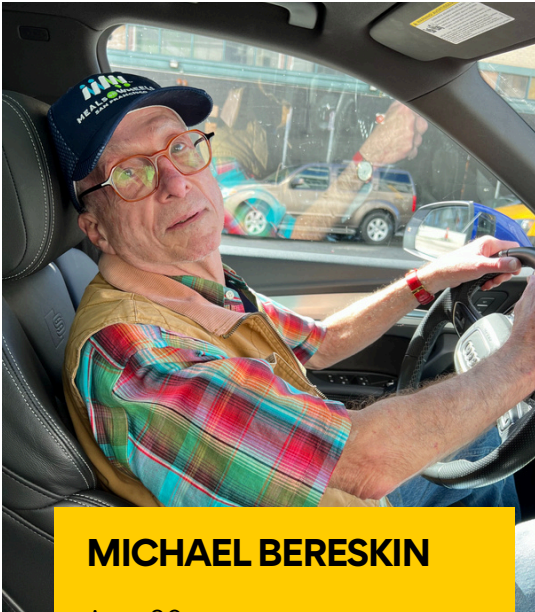
During the year, our **Friendly Social Caller** and **Grocery Shopper programs** grew resulting in 44% more calls and visits to seniors than the previous year.



Volunteers gave
27,718 hours of their
time valued at **\$890,000**

Additionally, 106 of our **Home-Delivered Groceries** program volunteers bagged and delivered nearly 27,000 bags of groceries provided by the SF-Marin Food Bank.

VOLUNTEER PROFILE



MICHAEL BERESKIN

Age: 80
HDG Volunteer Driver since 2017

“It’s like a friend who does this every week. The groceries are incidental; it’s the visit that’s the important part.”

Michael Bereskin

Meals on Wheels San Francisco volunteer, Michael Bereskin, knows how to deliver more than groceries to seniors in need in the Tenderloin. For the past seven years, the 80-year-old San Francisco resident has taken pride in making his grocery deliveries on time, all while getting to know the people on his food delivery route.

Michael is a Home-Delivered Groceries (HDG) volunteer with us and has logged more than 1,400 hours of his time, according to our records. He specifically delivers groceries to seniors in need living in the Tenderloin. He says he loves what he does!

“Volunteering at Meals on Wheels San Francisco gives me a purpose in life. Otherwise, I wouldn’t even get out of the house,” Michael explains.

We tagged along with Michael and watched in amazement how easy he makes the job of hauling and delivering groceries in the neighborhood. Inside one building, he knocks on the door of his client — “Meals on Wheels” he exclaims.

No answer. After several attempts, he pulls out his phone and calls the Meals on Wheels safety board — a unit designed to help problem solve should a senior not answer their door during their dedicated delivery timeframe. Getting eyes on a senior is just as important, if not more, than the meal delivery.

Read more: www.mowsf.org/michael-bereskin

CORPORATE SUPPORTERS

We are proud to recognize our lead corporate partners in 2023 whose significant contributions helped us deliver on our mission every day.



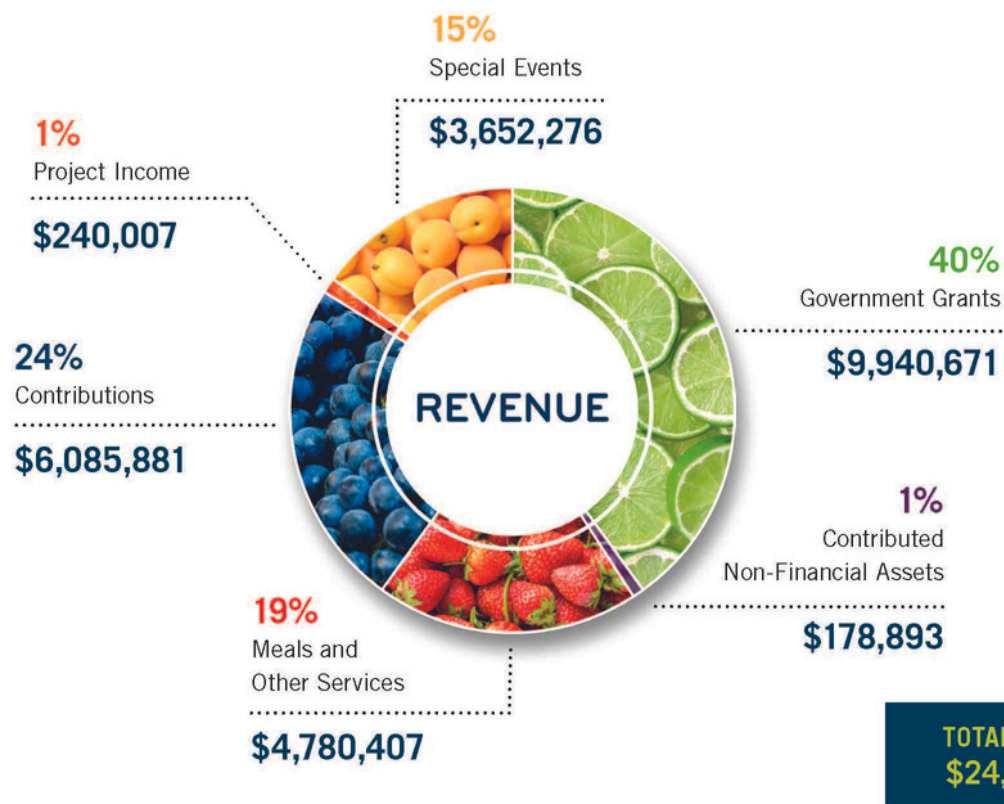
THANK YOU!

Amazon.com, Inc.
Bank of America Merrill Lynch
Bentall Green Oaks
Bloomberg Philanthropies
Crowe LLP
Deloitte
Delta Dental of California
DocuSign
Dodge & Cox
Farella Braun + Martella LLP
Ford Philanthropy
Fragomen Law

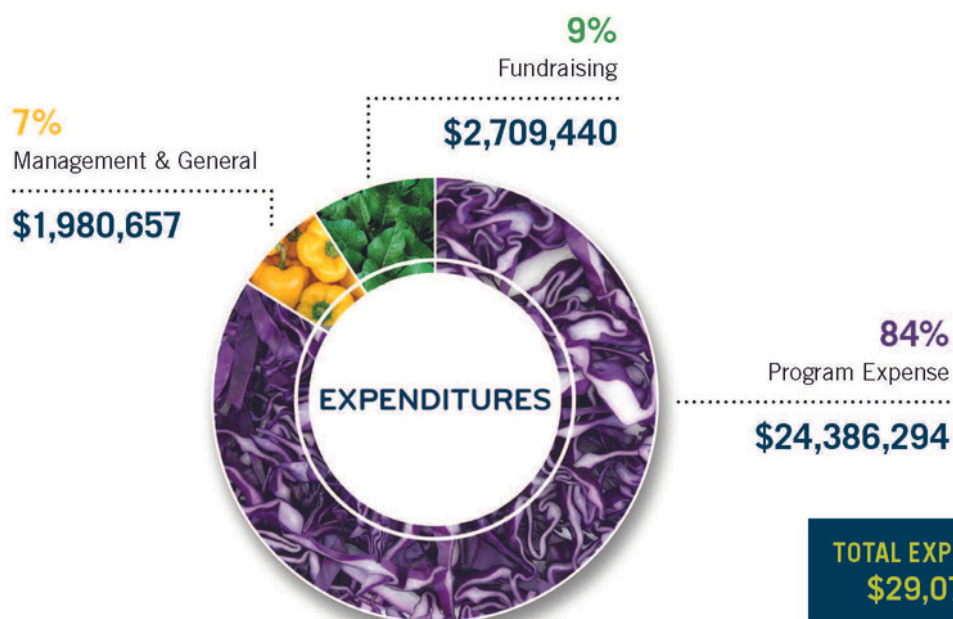
Gaetani Real Estate
Goodman Real Estate
GreenLeaf
Independent Living Systems, LLC
Jiffy Lube
JPMorgan Chase
Kaiser Permanente
Oakland Kia
Oracle
Prologis
Pulse Secure
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Scan Health Plan Foundation
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Venable LLP
Visa
William K. Bowes Jr. Foundation

REVENUE AND SUPPORT — OPERATIONS



EXPENDITURES — OPERATIONS



FINANCIAL SNAPSHOT

For fiscal year ended June 30, 2023

ASSETS

CURRENT ASSETS	FY 22-23	FY 21-22
Cash and Cash Equivalents	\$1,108,487	\$2,834,437
Grants Receivable	3,174,145	1,224,277
Pledges Receivable, net	608,271	780,315
Inventory	956,789	702,032
Prepaid Expenses	234,636	260,616
TOTAL CURRENT ASSETS	\$6,082,328	\$5,801,677
NON-CURRENT ASSETS		
Restricted Cash	\$1,377,728	\$4,759,612
Investments in Marketable Securities	5,611,634	5,712,856
Deposits and Other Assets	130,495	146,533
Pledges Receivable — non-current	265,000	230,000
Pledges Receivable — Capital Campaign, net	903,564	616,570
NMTC Loans Receivable	26,389,390	26,389,390
Property and Equipment, net	41,284,032	38,756,926
Operating Lease Right-of Use Assets	3,264,840	0
TOTAL NON-CURRENT ASSETS	\$79,226,683	\$76,611,887
TOTAL ASSETS	\$85,309,011	\$82,413,564

LIABILITIES AND NET ASSETS

LIABILITIES	FY 22-23	FY 21-22
Accounts Payable	\$929,974	\$1,201,775
Accrued Expenses	1,567,588	1,817,326
Deferred Revenue	—	500,000
NMTC Notes Payable	37,196,311	38,421,428
Operating Lease Liabilities	3,308,975	0
Long-Term Debt	322,294	602,146
TOTAL LIABILITIES	\$43,325,142	\$42,542,675
NET ASSETS		
Without Donor Restrictions	\$41,718,869	\$39,240,889
With Donor Restrictions	265,000	630,000
TOTAL NET ASSETS	\$41,983,869	\$39,870,889
TOTAL LIABILITIES AND NET ASSETS	\$85,309,011	\$82,413,564

Assets and liabilities include Capital Campaign gifts and project expenditures

The financial information as of and for the year ended June 30, 2023, has been derived from the Meals on Wheels San Francisco, Inc.'s 2023 financial statements audited by Baker Tilly, US, LLP, independent auditors. Contact the organization's office for copies of the complete audited financial statements.



The Wong HQ

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Meals on Wheels of San Francisco

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Federal Tax I.D. 94-174115

www.MOWSF.org

@MOWSF

