



Service Information: In 2016 Meals on Wheels Western Michigan...

- Served 5686 unduplicated seniors through our programs
- Provided 488,249 **Meals on Wheels** to 2,562 home bound older adults
- Served 88,759 Nutritious Lunches at our **Dining Sites** to 1,496 seniors
- Distributed over 1 million pounds of food at our **Senior Pantries** to 1,922 seniors.
- Distributed **Senior Project Fresh** coupons for locally grown fruits and vegetables to 201 older adults
- 81% of our home delivered meal clients are low income and 55% live alone
- 690 Veterans were served
- Volunteers provided 40,068 hours of service to our programs.
- Despite economic challenges, Meals on Wheels Western Michigan does not have a waiting list.

Statistics:

- Nationally, 1 in 6 seniors struggles with hunger
- 536,896 seniors are isolated and living alone
- 296,704 seniors are threatened by hunger
- 581,073 seniors are living in or near poverty
- 83% say Meals on Wheels improves their health
- 92% say Meals on Wheels enables them to remain living at home
- 87% say Meals on Wheels makes them feel more safe and secure
- 80% of Senior Pantry clients say their eating habits have improved

Cost Savings:

- Meals on Wheels programs decrease the rates of seniors falling
 - Falls cost our nation \$34 billion each year
- **1 meal a day** for a year costs the same as **1 day** in a hospital
- **1 year** of feeding a senior is the same as the cost for **less than 10 days** in a nursing home