

What We Deliver

2023 Impact

Nourish

Meals on Wheels

It starts with the meal...



- 550 hot, nutritious meals a day
- 400 frozen meals each weekend
- 875 breakfasts each week
- 200 bags of groceries each month

201,707 Home Delivered Meals

Served in 2023



Our Mission:

To enrich the lives of older (60+) and homebound adults in South-Metro Denver by providing nutritious meals and services that promote dignity, well-being, and independence.

but is truly so much **MORE**

Isolation fades with the ring of each doorbell and our volunteer's familiar smile. These visits offer a connection to the community and a sense of security and comfort knowing that someone is checking on them.

Of home-delivered meal participants:

- 88%** agree our program allows them to remain independent in their home
- 81%** said our services make them feel less lonely and isolated
- 76%** agreed home delivered meals provide healthier food than they can prepare themselves
- 85%** said our services reduce their level of stress

80% reported increased their energy and helped to maintain a healthy weight

93% have an overall improved quality of life

95% rated the quality of the hot entrees as good to excellent

Source: Nourish Annual Client Survey - March 2022



*"It's not just a meal to feed my body, it feeds my soul. Being remembered makes my life better."
- Ortencia*



(303) 798-7642 NourishMealsonWheels.org

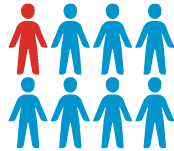
Location: 92 E. Arapahoe Rd, Littleton, CO 80122 Mailing Address: PO Box 3108, Centennial, CO 80161

Nourish

Meals on Wheels

Why We Deliver

In the United States...



In 2021, **one in eight** older adults (age 60+) experienced **hunger** in the United States.

– Source: Feeding America, 2023, *The State of Senior Hunger in America in 2021*, www.feedingamerica.org/senior-hunger-research/senior

Before the pandemic, **7.7 million** (age 65+) were **socially isolated**.

– Source: Cudjoe et al., 2020, "The Epidemiology of Social Isolation: National Health and Aging Trends Study," *The Journals of Gerontology: Series B*, <https://doi.org/10.1093/geronb/gby037>

U.S. Surgeon General, Vivek Murthy, calls **loneliness** a crisis on the order of obesity or smoking, with even greater consequences for health. Loneliness increases the risk of stroke by 32%, heart disease by 29%, odds of dementia go up by 50%.

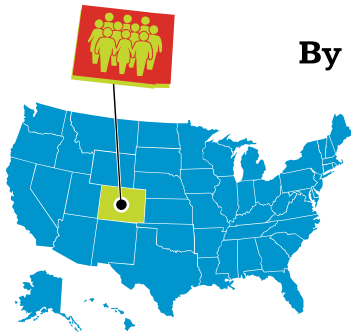
– Source: <https://harvardpublichealth.org/mental-health/surgeon-general-vivek-murthy-loneliness-kills-experts-weigh-in/>

In Colorado...



One in seven Coloradans (13.8%) is age 65 or older.

By 2050, this will change to **one in five**.



By **2030**, the Denver Metro Area's population of adults age 75+ is expected to increase **94%**.

Source: DRCOG's Community Assessment Survey

By **2050**, the number of older adults in Colorado is expected to **double to 1.7 million**.

That's **more than the current populations** of Denver, Colorado Springs, and Aurora **combined**.



(303) 798-7642 NourishMealsonWheels.org

Location: 92 E. Arapahoe Rd, Littleton, CO 80122 Mailing Address: PO Box 3108, Centennial CO 80161