What We Deliver

2025 Impact

Nourish

Meals on Wheels

It starts with the meal...

- 650-800 hot, nutritious meals a day
- 550 frozen meals each weekend
- 970 breakfasts each week
- 200 bags of groceries each month
- 270 pounds of pet food each month

262,330
Home-Delivered Meals
Served in 2025

Our Mission:

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

but is truly so much MORE

Each knock on the door and familiar smile from our volunteers helps isolation fade. These visits provide not only a connection to the community but also a sense of comfort, knowing that someone is checking on them.

Of home-delivered meal participants:

- **93%** have an overall improved quality of life
- **95%** rated the quality of our hot entrees as good to excellent
- **87%** agree our program allows them to remain independent in their home
- **86%** said our services significantly reduce their level of stress
- **84%** said our services make them feel less lonely and isolated
- **72%** reported our meals helped to maintain a healthy weight

Source: Nourish Annual Client Survey - March 2024



"I've never really had anyone care for me like you do. You make sure I have something to eat and someone to talk to. It's more than bringing me a meal; you're just a family to me!"
~ Kim, 68, Battling Multiple Sclerosis

(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 2024, nearly one in seven (15.6%) older adults (age 60+) experienced food insecurity in the United States.

– Source: Meals on Wheels America 2024 United States Fact Sheet

By 2050, the U.S. Census Bureau projects
104 million people in the U.S. will be age 60 or older.
If the current food insecurity rate among this group remains unchanged,
more than 16.2 million older adults will face food insecurity.

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 five Coloradans (21.8%) is age 60 or older...

And nearly 1 in 4 (24.1%) lives alone.

Source: Meals on Wheels America 2024 State Fact Sheet for Colorado

Half of our clients reported feeling lonely

Source: Nourish Annual Client Survey 2024

The negative consequences of social isolation include anxiety, depression, cardiovascular disease, cognitive decline, a lower quality of life and increased use of healthcare services. Homebound older adults are particularly vulnerable to social isolation and loneliness.

Source: Our Epidemic of Loneliness and Isolation - The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community 2023

By 2050, the number of older adults in Colorado is expected to increase by nearly 50% to 1.95 million.

That's nearly 60% of the current population living in the Denver Metropolitan Area!

Source: State Demography Office of Colorado - https://demography.dola.colorado.gov/

1 in 2 Older Adults Living Alone

lacks the income to pay for basic needs

Source: Meals on Wheels America 2024 State Fact Sheet for Colorado

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