



TOGETHER, WE CAN DELIVER.

Meals on Wheels of Metro Tulsa delivers the nutritious meals, wellness checks, and compassion that allow seniors to age with dignity and without the fear of hunger.

For many seniors in the community, Meals on Wheels is the

difference between remaining in their own homes and needing to relocate to a long-term care facility. The nutritious meals, caring contact, and wrap around services help them cope with three of the biggest threats of aging: hunger, isolation, and loss of independence.

Meals on Wheels of Metro Tulsa has been serving the Tulsa area and surrounding communities for more than 50 years. Meals on Wheels operates out of 16 distribution centers. Service areas include Tulsa, Bixby, Broken Arrow, Jenks, Owasso, Sand Springs, and Sapulpa. In 2021, Meals on Wheels of Metro Tulsa began supplying congregate meals at senior nutrition service sites and home-delivered meals within 13 counties in western Oklahoma.

Meals on Wheels provides the support that our seniors need to extend their independence and health as they age. For many Tulsans, Meals on Wheels is the difference between remaining in their own homes and needing to relocate to a long-term care facility. The nutritious meal, wellness check, and caring contact help them cope with three of the biggest threats of aging: hunger, isolation, and loss of independence.

The public-private partnership supporting the Meals on Wheels movement is one of the most effective models in America, providing a cost-effective solution benefits the whole community. Research proves that when seniors have the right support, they improve their quality of life, need fewer hospital stays, and live longer.

Meals Delivered 2014-2021



716,567
MEALS DELIVERED 2021

2,599,540
MEALS DELIVERED 2014-2021



WHAT'S BEHIND THE KNOCK?

It's compassion. It's care. It's hello. How have you been? I've missed you. It's an extra hand when seniors need it most.

For many seniors, the volunteer is the only person they see or talk to all day.

The Issue

The senior population is the fastest-growing demographic in America. In Oklahoma, seniors make up 21 percent of the population. Of these seniors, 25 percent live alone and 16 percent are threatened by hunger on a daily basis.

26%

26% of Oklahoma seniors are threatened by hunger.

50%

Half of seniors living alone lack the financial resources to pay for basic needs.

80%

80% of low income, food-insecure seniors are not receiving the support they need.

The Solution

Meals on Wheels is a valuable lifeline for seniors that needs your support. This community-based program is welcomed into the homes of Metro Tulsa's most at-risk individuals with every meal delivery. This cost-effective solution serves us all. Meals on Wheels can provide a senior with meals for an entire year for roughly the same cost as a one-night stay in a hospital.

Frequent in-home visits provide unique opportunities to meet nutritional needs, combat social isolation, address safety hazards, and provide caring contact. Nine out of ten recipients say Meals on Wheels helps them feel more secure.

2 OUT OF 3

2 out of 3 seniors report the meals make up half or more of all food eaten that day.

90%

90% of recipients say Meals on Wheels improves their health and allows them to stay in their own home.

36%

36% drop in hospital stay rates after only 30 days of Meals on Wheels service.

MORE THAN A MEAL.

Our mission is to help homebound individuals remain living safely and independently in their own homes for as long as possible. To fulfill this mission, we provide services that go beyond a meal.



HOME SAFETY PROGRAM

The main obstacles for seniors remaining in their homes are limited mobility due to health problems, unsafe living conditions, and lack of regular access to food. Physical disabilities limit our clients' abilities to make even minor repairs on their homes, putting them more at risk for injuries.

The Home Safety Program facilitates minor home repairs to enact fall and injury prevention and other safety measures. This happens by removing debris or impediments, securing steps, repairing roofs, windows, and doors, and installing grab bars, lights, ten-year fire alarms, etc. **In 2021, the Home Safety Program completed 404 improvement projects for 201 clients.**

988

Home Safety Projects
2015-2021



FEED OUR FUTURE

One in five children struggles with hunger in Oklahoma. In Tulsa County, there are more than 32,000 food-insecure children. Six out of nine Tulsa Public High Schools have an average of 75 percent of students eligible for free or reduced-cost lunch. The schools are mainly located in historically underserved, high-poverty areas. Many are in food deserts (no grocery stores).

The Feed Our Future program delivers weekend meals to food-insecure students at five Tulsa Public High and Junior High Schools and breakfasts, lunches, and snacks to underserved children at five Salvation Army's Boys and Girls Clubs. **Feed Our Future will serve an estimated 85,135 meals to more than 3,000 students this year.**

119,511

Student Meals Served
2016-2021



PAWS PROGRAM

Pets are crucial for the health of our clients. The joy and warmth from the bond with a pet are therapeutic. Research shows that seniors with pet companions are less likely to experience depression, report feelings of loneliness, or become ill.

The Pets Assisting Wellness in Seniors (PAWS) Program provides monthly pet food supplements, ensuring seniors maintain healthy diets without sacrificing their meals to protect companion animals from hunger. **In 2021, PAWS delivered 151,800 meals to 599 pets of 551 clients.** PAWS also provided veterinary care and transportation to companion animals in need.

274,179

Pet Meals Served
2014-2021



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Together, We Can Deliver.

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