



Changing Lives, One Meal at a Time.

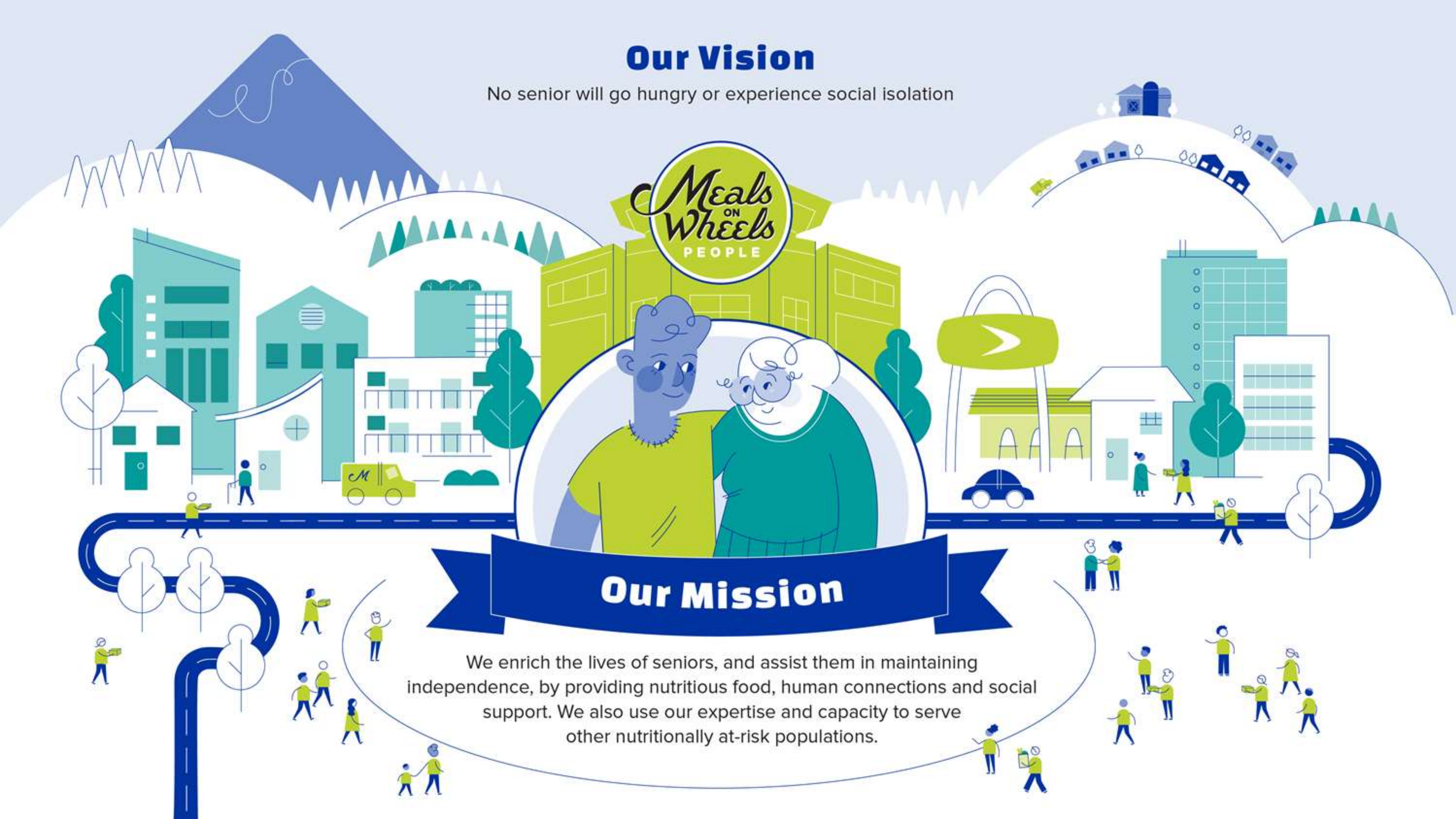
Our Vision

No senior will go hungry or experience social isolation



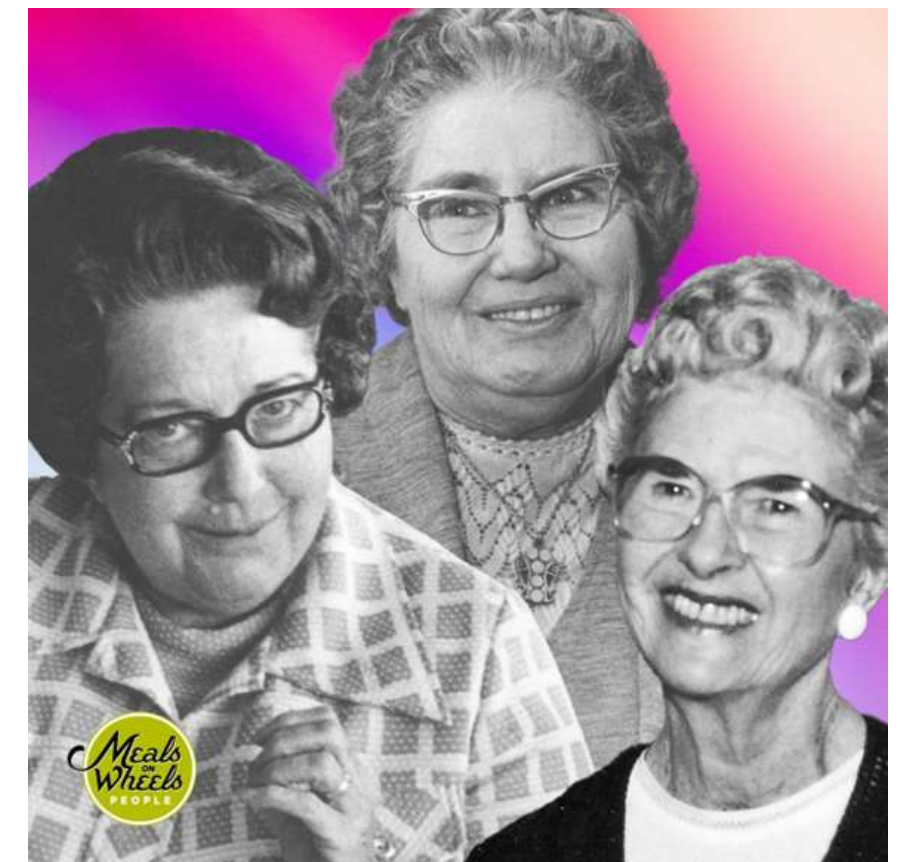
Our Mission

We enrich the lives of seniors, and assist them in maintaining independence, by providing nutritious food, human connections and social support. We also use our expertise and capacity to serve other nutritionally at-risk populations.



OUR STORY

Meals on Wheels People was founded in 1970 by three compassionate women: Jean Wade, Martha Shull, and Cay Kreiger. They recognized a need in the community that was not being addressed. Gathering in the basement of the Lincoln Street Methodist Church, they began serving hot lunches to about a dozen seniors. Initially, they delivered meals on paper plates wrapped in newspaper.





MOWP SERVICES

Meal Delivery: Providing consistent, medically tailored meals to participants.

Social Connection: Building relationships with participants to offer meaningful interactions that alleviate loneliness.

Technology Training: Providing participants with the skills needed to digitally connect with their community.



WHO WE SERVE

Meals on Wheels People Senior Nutrition Program is available to anyone age 60 and older.






Our participants:

- 58% earn less than \$20,000 annually
- 58% live alone
- 56% are women
- 29% are over 80
- 24% identify as BIPOC
- 16% are veterans





MOWP FAST FACTS

-  Home Meal Delivery and Congregate Dining available in Multnomah, Washington, and Clark Counties
-  FY24: 1,472,408 meals served
-  FY24: 11,402 individuals served
-  6,400 meals prepared daily in Central Kitchen
-  2,819 total volunteers last fiscal year
-  Friendly Chats, Pets, Meals 4 Kids, Medically Tailored Meals, The Diner Vancouver
-  \$10.50 per meal with social support services

JUANITA POHL CENTER

8513 SW Tualatin Rd.

Home Delivery Meals

Congregate Lunch –
Served Two Days a Week

1,102 Total Volunteer Hours





WAYS TO GIVE

- Individual Giving
- Employer Match
- Corporate Partners
 - Sponsorships
- Non-monetary Donations

<https://www.mowp.org/ways-to-give/>

VOLUNTEER OPPORTUNITIES

Congregate Dining Support | **Tuesday and Thursday**

Meal Delivery

Friendly Chat Calls

Monday-Thursday

<https://www.mowp.org/volunteer/>





QUESTIONS



Bee Davis - grants@mowp.org

Tualatin Center - juanitapohl.manager@mowp.org

<https://www.mowp.org/>