



You Can!

March for Meals



Meals on Wheels are Good for Seniors and Good for the Community

Every year during the month of March, we raise awareness about senior hunger and isolation and the power of Meals on Wheels.



1 IN 6 seniors struggles with hunger

Thousands of seniors across the country are on waiting lists to receive Meals on Wheels due to lack of funding, while the program saves us all billions of dollars in unnecessary Medicaid and Medicare expenses every year – tax dollars that can be spent in much better ways.



Meals on Wheels' clients report fewer falls, which cost our nation **\$31 BILLION** each year.



We can provide a senior Meals on Wheels for **1 YEAR** for roughly the same cost as **1 DAY** in a hospital.

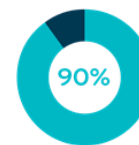
Meals on Wheels consumers report improved health, security, and independence.



say it improves their health



say it enables them to remain living at home



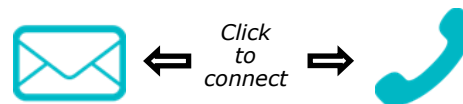
say it makes them feel more safe and secure

You Can Help:

Volunteer · Make a Donation

Make a Referral for Yourself or Someone You Know: 888-222-6171

-Share your Meals on Wheels Story-
Advocate for Seniors Across the Country
by Contacting Your Member of Congress:



Source: www.mealsonwheelsamerica.org

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