



2021-2022 IMPACT REPORT

A Year in Review

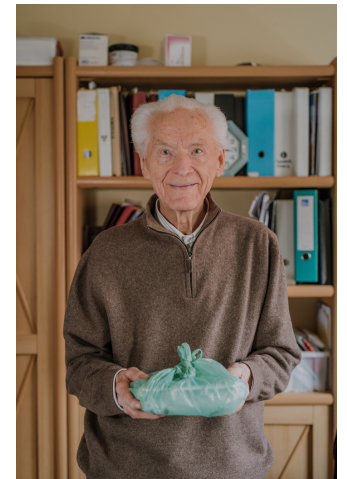
Delivering a Meal, and so much more.

NOURISH, ENRICH AND STENGTHEN



260,000+
MILES DRIVEN

2,322
PEOPLE SERVED



Mission:

To nourish, enrich and strengthen the lives of seniors and individuals who have difficulty leaving their home and are challenged to prepare meals.

DEAR FRIENDS

Thank you!

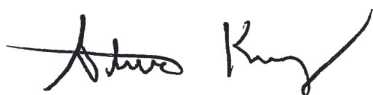
You made a significant impact this year on many, many seniors and homebound neighbors throughout the Greater Tampa area. Thank you! With your support, more folks were fed and visited than ever before. You have stood with us to care for individuals who needed a little help to live with nourishment, enrichment, and strength. Hot meals delivered to their doorstep each weekday by a caring volunteer changed the lives of over 2,322 deserving neighbors last year. You did this! Thank YOU!

Since 1975, supporters like you have ensured this mission can fulfill its purpose. Meals On Wheels of Tampa is privately funded, not accepting any direct government funds. Simply put, you are Meal On Wheels of Tampa!

The challenge of persistent COVID risks and pressing inflation have impacted our community in many ways. Seniors and homebound individuals struggle with stretching their fixed incomes to meet the increasing costs of housing, medication, utilities, and food. They often live alone. The stories of their efforts to live with dignity and safety give urgency to what you and Meals On Wheels of Tampa provide: a lifeline of nourishment, companionship, joy, hope, and life. Your donations mean the world to those we serve.

From the Meals On Wheels of Tampa family to you, thank you for joining us in the fight to eliminate hunger, isolation, and loss of independence for senior and homebound neighbors in our community.

With grateful hearts,



STEVE KING
Executive Director



FRED WALLRAPP
Board President

BOARD OF DIRECTORS FISCAL YEAR 2022 - 2023

PRESIDENT
FRED WALLRAPP

ED BASS
*VICE PRESIDENT
& TREASURER*

ASSISTANT TREASURER
WILDA ISABEL

SECRETARY
LUCY TERRILL

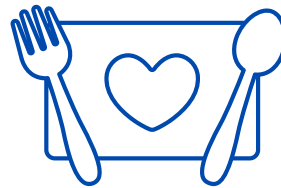
MICHELLE BACKLUND
CLAUDINE CABALLERO
ANGELA FERNANDEZ
KEVIN FRANZESE
DOREEN GRECO IDE
DAMON MOORER
HOLLY O'BRIEN
JEFFREY RHODES
KATHIE RITCHIE
MONICA RODRIGUEZ
AARON SAUD
LAURA SHERMAN
ROBERT SHIMBERG
CATHY SMITH
DOUG TUTTLE

WITH GRATITUDE FOR YOUR SUPPORT, MISSION NEWS

Menu Choice

In March 2022, Menu Choice began! Meals On Wheels of Tampa now offers three menu types to our recipients: heart healthy, diabetic, and renal. Each menu can be chopped or pureed, depending on the recipient's preparation needs. Recipients have reported that the specialty menus are a tremendous help.

Our menus change three times a year – Spring, Summer, and Fall/Winter – offering a variety of seasonal flavors and recipes. Delicious meals are served daily to support the health and wellbeing of Tampa's homebound and senior neighbors.



293,959
TOTAL MEALS DELIVERED,
67,000 MORE MEALS THAN
LAST FISCAL YEAR!

Diabetes is one of the biggest health issues in American history. Approximately 25 percent of those 65 and older have diabetes, meaning close to 12 million seniors have this condition. These are alarming numbers. The diabetic menu is of benefit to many who receive the meals.

HEART HEALTHY, DIABETIC, AND RENAL MENUS ARE NOW AVAILABLE

The Need Continues to Grow

We expanded services into the Riverview and Gibsonton areas in June 2021. Today, we have 8 delivery routes and serve over 100 individuals in those neighborhoods.

Riverview and Gibsonton are not the only service areas that are growing. We are seeing record breaking growth throughout our community. **We are now serving 30% more recipients than last fiscal year.** The age group 85 and older is now the fastest growing segment of the U.S. population. **Your compassion and generosity fuel the most effective solution to senior isolation and hunger in the Greater Tampa area.**



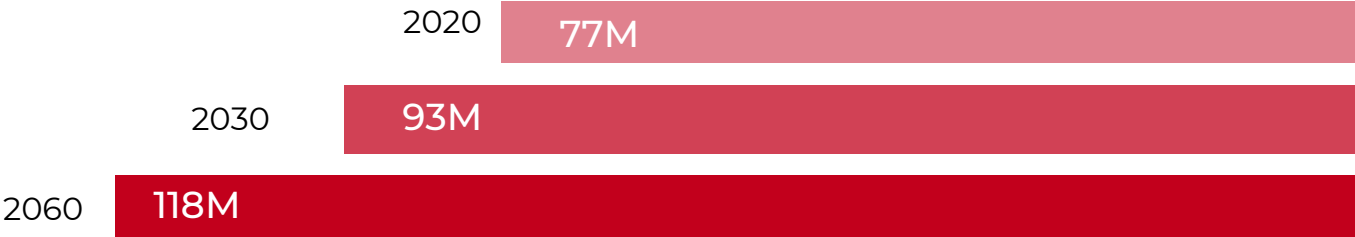
"I am 90 years old. It is a great joy for me to have a hot meal delivered every day. Thank you so much!"

12,000 AMERICANS
ARE TURNING 60 EACH DAY



BY 2060, **1 IN 3** AMERICANS ARE
PROJECTED TO BE **60 AND OLDER**

PROJECTED NUMBER OF SENIORS BY YEAR



MORE THAN A MEAL: ADDITIONAL PROGRAMS



Animeals

Meals On Wheels of Tampa has a partnership with the Humane Society of Tampa Bay to provide pet food to the homebound who have animals. Many pet owners sacrifice their own nutrition by sharing a portion of their meal with their hungry pets. The Animeals program enables individuals to provide their pets with a healthy diet, even if they are unable to leave their homes to buy pet food.



Produce On Wheels (POW!)

POW! launched in October 2015 after we heard from our homebound recipients that they wanted fresh fruits and vegetables. This vital program provides healthy snacks, additional nourishment, and increased access to fresh produce. The produce bags vary by month, depending on the season, and typically include 6-8 different fruits and vegetables and an educational handout highlighting the health benefits of the items.



Hurricane Preparedness

Every year in June, we provide shelf-stable meals, water, and shelter information to our program recipients to help our seniors and homebound neighbors prepare for hurricane season. This population is at a much higher risk of danger during a storm since they cannot leave their homes or easily gather supplies. The hurricane packs are vital and help provide peace of mind in case a normal meal delivery cannot be made due to a storm.

Water On Wheels (WOW!)

All of our recipients receive a free 8oz bottle of water with each hot meal delivered, thanks to support from the Bank of America Charitable Foundation. Delivering water each day serves as a reminder to our seniors to stay hydrated.



YOU ARE PROVIDING THE EXTRA SUPPORT OUR SENIORS NEED TO EXTEND THEIR INDEPENDENCE AND HEALTH

Birthday Celebrations

Who doesn't like to celebrate a birthday?

Our recipients receive a cake and birthday card each year on or around their birthday, with their hot meal. Each card is handmade by community members.



Thanksgiving Morning

Volunteers deliver individual pies, handmade cards, and other items to those we serve. Most of these elderly neighbors will spend the holiday alone, and a visit from a friendly volunteer always brightens their day!



Holiday Gift Bags

For many, this will be the only holiday gift they receive. Most do not have family or friends nearby or are unable to travel to visit loved ones. This gift reminds our senior and homebound neighbors that they are loved and cared for, beyond their daily meal.



TOGETHER, WE DELIVER

Volunteers are the heart and soul of our deliveries!

When you are a Meals on Wheels volunteer, you are delivering much more than a hot meal – you are providing human connection, friendship, and encouragement. Meals On Wheels of Tampa has a volunteer opportunity for you, whether you are an individual, an organization, or a group.



Drop off a hot meal and get more than you expected!

Often, volunteers enjoy delivering meals as much as recipients love seeing those who deliver. While meal deliveries mean so much to seniors, they also offer many benefits to volunteers. Meals On Wheels volunteers reap the physical and mental benefits of giving back and being a part of the community.



1,207
INDIVIDUALS DELIVERED MEALS
THIS PAST FISCAL YEAR!



"I delivered to a recipient today. She is new to Meals On Wheels and is so very grateful. Due to her medical issues, she was only able to stand long enough to cook eggs and was eating them twice a day. She is now getting much better nutrition and she is feeling (and I quote) like a real person again. The meals are a lifeline for her, and the human connection keep her spirits up. We're doing good stuff!"

Combating Social Isolation

One in four seniors lives alone, and one in four feels lonely. For many home-delivered meal recipients, the person delivering the meal is often the only person they will see that day. Frequent interactions with program volunteers and staff offer unique opportunities to meet nutritional needs, combat social isolation, address safety hazards, and provide holistic care, enabling recipients to remain safer, healthier, and independent in their homes.



1 IN 4
LIVES ALONE

A COMMUNITY WORKING TOGETHER

Adopt-A-Route Partners

Our Adopt-A-Route (AAR) program provides an excellent way for companies, civic groups, and faith-based organizations to engage in community service, weekly, bimonthly, or monthly.



65

**ADOPT-A-ROUTE PARTNERS
SERVED OUR COMMUNITY!**



Benefits of Corporate Volunteerism

- Increases Team Morale and Productivity
- Boosts Interdepartmental Cooperation
- Builds and Reveals Useful Skills
- Helps Attract and Retain Workers
- Good Public Relations



MISSION FORWARD INITIATIVES

Thanks to you, Meals On Wheels of Tampa is moving to greener operations!

Meals On Wheels of Tampa is not only committed to improving community health, but also environmental health. Our new facility achieved LEED certification in 2020 through sustainable construction practices and long-term water and energy efficiency solutions.

Mobile Delivery App

In 2021, Meals on Wheels of Tampa introduced the new Mobile Meals App. This “green” solution reduces paper and gives both managers and drivers more immediate control of meal delivery. In addition to the features and functionality provided for Meals On Wheels drivers, the Mobile Meals software provides managers real-time information on all meal deliveries. The Meals On Wheels of Tampa staff will know immediately what has and has not been delivered, see unresolved issues that may need attention and find exactly where drivers are at any given time.



"I was reluctant to try the mobile app at first, but it makes deliveries very, very easy. I will never go back to the paper route sheet!"



New Electric Vehicle

In 2022, Meals On Wheels of Tampa welcomed its first electric vehicle to our fleet. We installed an electric charging station on-site as we prepare for more electric vehicles in the future!

As we continue to serve the Greater Tampa area, we remain committed to reducing our carbon footprint while serving our community.

THE POWER OF A KNOCK

A knock on the door from Meals On Wheels means nourishment for the body and soul. It brings care. It brings hope. It brings health. **You have made a positive difference in their life!**



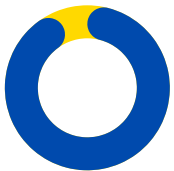
90%

SAY THEY FEEL MORE
'SAFE AND SECURE'
ON OUR PROGRAM



92%

SAY OUR PROGRAM
ENABLES THEM TO LIVE
INDEPENDANTLY AT HOME



94%

SAYS OUR MEALS
PROVIDE FOR THE
DIETARY NEEDS



2 OUT OF 3

REPORT THAT THE MEALS
MAKE UP HALF OR MORE OF
ALL FOOD EATEN THAT DAY

"I live alone and have no way to shop for groceries. You are an answer to my prayers!"

2022 NOURISH THE HOMEBOUND BREAKFAST SPONSORS

**THANK
YOU!**
❤️

Executive Chef, Community Partner
PAR, Inc.

Chefs de Cuisine, Community Partner

Dealers Auction Xchange of Tampa Bay,
Outback Steakhouse, Suncoast Credit Union,
Tag Agency of Pinellas, TCM Bank, and TECO

Sous Chef

Orthopaedic Medical Group and FIS

Silver Platter

Bank of America Private Bank, BNY Mellon,
Hill Ward Henderson, Hyundai of New Port Richey,
Mosaic, and Redstone Construction

Pewter Platter

BKS Partners, Brown & Brown Tampa, CarePlus,
Fifth Third Bank, Pro Team Plumbing,
Seminole Heights Family Dentistry,
Tampa Bay Ventures, and The Bank of Tampa

SUSTAINER COMMUNITY

Strengthening the Community

\$10,000 a year for 5 years

Anonymous
Ed and Amber Bass
Rick Behnke
Glenn and Hollyce Davenport
Richard and Melanie Gonzmart
Gonzmart Family of Restaurants
Bob and Cathy Smith
Deborah Zomermaand

Enriching the Soul

\$5,000 a year for 5 years

Anonymous
Maximillian and Jana Boehmer
Michelle Castellano
Jim and Cecelia Ferman
Dave Finkel
Frank E. Duckwall Foundation
David and Heidi Mattioli
Bill and Cindy Rizzetta
Alden and Laura Sherman
Bretta and Don Sullivan
John and Susan Sykes

Nourishing the Body

\$1,000 a year for 5 years

Anonymous
Donna JP Alexander
Manuel and Mary Alvarez
Sheila Angelone
Arehna Engineering
Tom and Dixie Arthur
ASI Landscape Management
Mark Atkinstall
Timothy and Michelle Backlund
John Bailey
Ted Barber

Beth Bennett
Lou and Gail Bernucca
Kim Biehl
Gene Black
Nathan Bland
Donald L. Bodie, Jr.
Theresa Boyd
Kimberly Brannan
Brew Bus Brewing
Michael and Crystal Bucciarelli
Andrea Burke
Cindy Burnside
Robert Busch
Cynthia Butts
Joseph and Claudine Caballero
Donna and Guy Calleja
Vince and Mary Cassidy
Celeste Castellano
Jeff and Trish Chronister
G Allen and Ashley Clary
Coldwell Banker Real Estate
CARES Foundation
Archie Collins
Continental-National/Mark Krejci
Stephen M. Cooper
Kevin and Charlene Cottrell
Matthew and Victoria Cox
Barbara J. Curts
Peter Dales
Matthew and Lori Danahy
Rick Dean
Sally Dee
Ilvana Diaz and Alexei Mendoza
Michael and Cheri Donohue
Al Dopking
Ryan and Elizabeth Dorrell
Darby and Dianne Duncan
Kathy Echevarria

Diane Egner
Element Engineering Group
Jeffrey and Maya Ellis
Glenn Fasani
Fee and Jeffries, P.A.
Adam Fernandez
Mark and Trudie Fernandez
Scott and Kathy Fink
First Home Bank, a Bay First Company
Fiume Family Foundation
FL Bike Attorney
Ford & Associates
The Fowkes Family
Jim and Laurel Fredlake
Pam Freedman
Mario Garcia, Jr.
Steve and Hope Gervais
Jackie Gilbert
John and Ruth Giordano
Bryan and Shanna Glazer
Keith and Laura Grams
Dan and Kristin Greco
Greg Gruendel and Holly O'Brien
Fraser and Nancy Hale
Andy and Mary Ann Hamilton
Michael and Donna Harak
James and Melanie Harden
Mary Kate Harrison and Gordon Newman
Marquis Heilig
Niki Helton
Thomas and Anne Henderson, III
Pat Holmes
Herbie and Veronica Huesman
John and Rhonda Hurst
Doreen Greco Ide
Mark and Robin Ingles
Invincia Technologies
Joe and Wilda Isabel

THANK YOU FOR YOUR SUPPORT!

Scott and Beth Isabel
Steven Jacolow
Molly James
Jesuit High School
Karen Johnston
Matt Joyce
David and Melissa Keel
Ken and Cienwen Kemper
Douglas Kenny
Temple and Tanya Kessinger
Stephen King
Jamie Klingman and Tony Mutchler
Andrew and Janet Knust
Janis Konigsberg
Steve and Cindy Kurth
Elizabeth Krystyn
John and Mary Catherine Lamoureux
Sean and Megan Lance
Steven Lanza
Jonathan and Karen Levy
Mark and Jennifer Lopez
Angela Lusk
Michael P. Maddux, P.A.
Tracey McDonald
Bruce McGonnigal
Dolores McIntosh
Bob McKay
Russell Melendi
Pamela Menendez and Lincoln Tamayo
Sonia Mesaros
Teresa and Ashley Miller
Kelley P. Moore
Damon Moorer
Brenda Verbeck Mortensen
Arthur and Frieda Moseley
Barbara Mulholland
Robert and Jennifer Murphy

Christopher Nardi
Elizabeth Neal
Edmund and Melaney O'Carroll
Timothy O'Connor
Jeff and Bettina Oeschger
Edward and Nancy Paikoff
Vince and MaryJo Pennino
Gail Perez
Scott and Kobie Pierce
Fausto Pombar
Prida-Guida & Company, P.A.
John and Karan Rains
Charles and Michelle Reeves
Cortland and Vera Reilly
Julie Renderos
Craig Rice
Mitchell and Susie Rice
David and Nancy Ridenour
Kevin and Kathy Ritchie
Lori Roa
James and Christie Roberts
Roche Bail Bonds
Roche Surety and Casualty Co.
Donald and Elizabeth Russell
Martin Ryan
Mark Scheidter
Michael and Barbara Schwirian
Sarah Schwirian
Stephen and Diana Sessums
Katherine E. Shannon
Deborah Sheridan
Michael and Ramona Shimberg
Richard and Dena Shimberg
Robert and Michelle Shimberg
Martin Silbiger
James K. Simon, Jr.
Brian Smith

Anthony Sorrentino
Joel and Jennifer Stevens
Ellen Stichter
Tampa Bay Trust Company
James Tanner
Justin and Lucy Terrill
Paul and Kristan Thomason
Rich and Teresa Thompson
Peter Titus
Antoinette Hayes Triplett
Katherine Trott
Joe and Jill Valenti
David and Cindy Vann
Walter Woolf VMD
Scott and Whitney Waechter
Bill Wagner
Catherine Wallace
Thomas Wallace
Kevin and Laura Walsh
Charles and Aida Weissman
Beverly White
Anne T. Wiles
Jane Williams
Andrew Wilson
Rufus and Monica Williams
Mark and Linda Winchester
David and Satrina Winter
Jim Wurdeman
Steve Young



FOR A FULL LIST OF DONORS, VISIT, WWW.MOWTAMPA.ORG/DONATE/DONOR-RECOGNITION

FISCAL YEAR 2022 FINANCIAL SUMMARY

Public Support & Revenue

	2022	2021
Contribution – Operating	\$2,273,291	\$3,135,246
Contribution – Capital Campaign	\$9,226	\$133,606
Program Services	\$2,311,592	\$2,316,904
Investment Income	\$(25,519)	\$8,158
Unrealized Investment Income	\$4,665	\$22,019
PPP Loan Forgiveness	\$0	\$238,000

Total Public Support & Unrestricted Revenues

\$4,573,255 **\$5,853,933**

Expenses

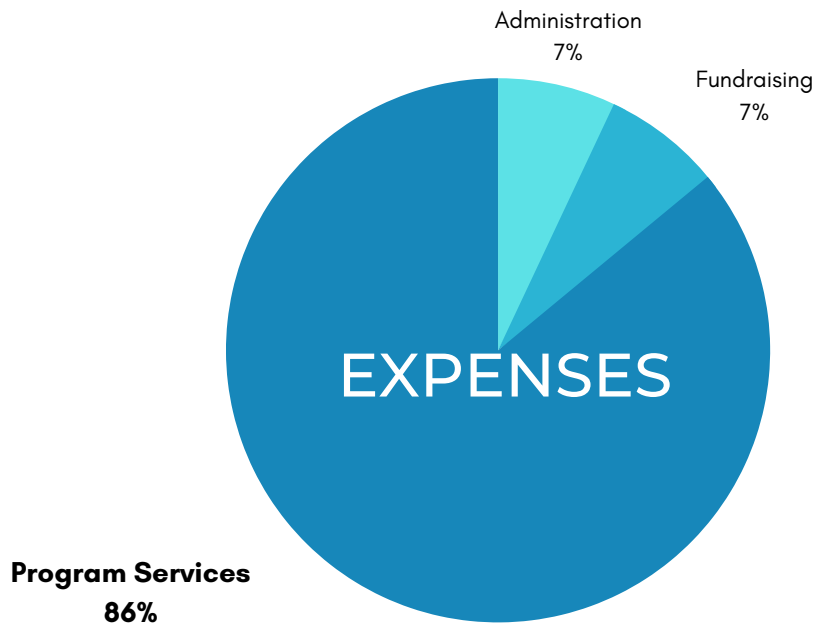
Program Services	\$3,952,356	\$3,241,117
Administration	\$316,133	\$237,450
Fundraising	\$335,836	\$301,404

Total Program & Support Services Expenses

\$4,604,325 **\$3,779,971**

Change in Net Assets

\$(31,070) **\$2,073,962**



WAYS TO GIVE

JOIN THE SUSTAINER COMMUNITY

The Sustainer Society recognizes individuals and organizations that commit to nourishing and enriching the lives of senior and homebound neighbors by pledging support of \$1,000 or more, annually for a term of five or more years. This financial generosity helps pay for operational needs where it is needed most.

SET UP A RECURRING DONATION AND BECOME A MONTHLY SUPPORTER

A monthly gift of \$10 or \$20 can really add up to make a difference. When hundreds of people sign up to do the same, the impact can be incredible!

CREATE A LEGACY THROUGH PLANNED GIVING

After making provisions for your loved ones and friends, consider including Meals On Wheels of Tampa in your will or trust. A planned gift creates a legacy to enrich the lives of those in need now and for years to come. We would be honored to help your legacy live on into tomorrow.

REFER A FRIEND

Invite a friend to a Meals On Wheels of Tampa Nourish at Noon to tour the kitchen, enjoy a hot meal, and learn more about the impact you have in the lives of elderly and homebound neighbors.

VOLUNTEER YOUR TIME

As a privately funded organization, Meals On Wheels of Tampa volunteers provide an invaluable service. They are at the heart of delivering the mission. Whether you give time once a week, once a month, or whenever you can, it is appreciated. Individuals as well as groups can help deliver meals. When you are a Meals On Wheels of Tampa volunteer, you are delivering much more than a nutritious meal, you are providing human connection.

"I just want everyone to know how valuable Meals On Wheels is. It's the only support I get. It's all I have."




SCAN ME
FOR VOLUNTEER INFO



**MEALS
ON WHEELS
OF TAMPA**
nourish • enrich • strengthen

5320 North Boulevard
Tampa, FL 33603
813-238-MEAL
www.MOWTampa.org

NON PROFIT ORG
US POSTAGE
PAID
TAMPA FL
Permit No 1986

THANK YOU Community Partners!



BANK OF AMERICA



**THE USAA
FOUNDATION**



**New York Yankees
Foundation, Inc.**



Gralnick Foundation



MEALS ON WHEELS OF TAMPA, INC. IS A 501(C)3 TAX EXEMPT ORGANIZATION. A COPY OF THE OFFICIAL REGISTRATION (CH3580) AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE OF FLORIDA. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE.