



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

## 2023-2024 IMPACT REPORT

Building a Stronger Community

*Together*

# A MESSAGE TO OUR CHAMPIONS

Dear Meals On Wheels Family and Friends,



Thank you! Your kindness and support, along with that of many others, help provide homebound and senior neighbors across Greater Tampa with the food and companionship they need to remain independent and comfortable in their own homes. Your generosity makes our mission possible.

Our mission is amazingly simple yet extremely vital: to provide healthy meals and caring visits to the homebound, disabled, and elderly in our community. We help ensure this vulnerable population does not go hungry nor face loneliness. Hot, nutritious meals are provided 365 days a year delivered by caring, friendly volunteers. Recipients have access to options tailored to their health needs, including Heart Healthy, Diabetic Friendly, or Renal Friendly menus. Medically tailored options like chopped or pureed meals are also offered.

Older Americans are living longer with less money. Thank you for being part of the solution: delivering nourishment and a lifeline of compassion and community.

Your generosity empowers seniors in Greater Tampa to lead healthier, more fulfilling lives.



**1 IN 4 AMERICANS ARE 60+**  
with 12,000 more turning  
60 every day

You have helped care for our homebound and senior community - many of whom helped build our city - and fulfill our mission of "*Nourishing the body, Enriching the spirit, and Strengthening the community.*"

Despite challenges over the past year with Hurricanes Helene and Milton, inflation, and increasing demand, our community has stood strong in ensuring that our vulnerable neighbors continue to receive the care and support they deserve.

Thank you for making a difference and for being part of a compassionate community that goes above and beyond to help those in need. We are proud to work alongside you, in serving the homebound and seniors of Greater Tampa.

With grateful hearts,

Steve King  
Executive Director

Ed Bass  
Board President





**BOARD OF DIRECTORS  
FISCAL YEAR 2024 - 2025**

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# THE PATH OF *Nourishment*

*A step-by-step look at the journey  
of a meal you help to provide*

## 1. Sourcing Quality Ingredients

It all begins with high quality ingredients sourced from trusted vendors. These partnerships allow us to craft meals that are nutritious and delicious.



## 2. Cooking with Care

Each morning, our dedicated chefs arrive at 5AM to begin preparing meals for the day. With precision and care, they create balanced and flavorful meals that meet the specific needs of our recipients. We offer 3 menu choices: Heart Healthy, Diabetic Friendly, and Renal Friendly. Each meal can be prepared chopped or pureed.

## 3. Packaging for Delivery

Once the meals are cooked, our team seals and packages them in insulated hot bags to ensure they arrive fresh and ready to enjoy.



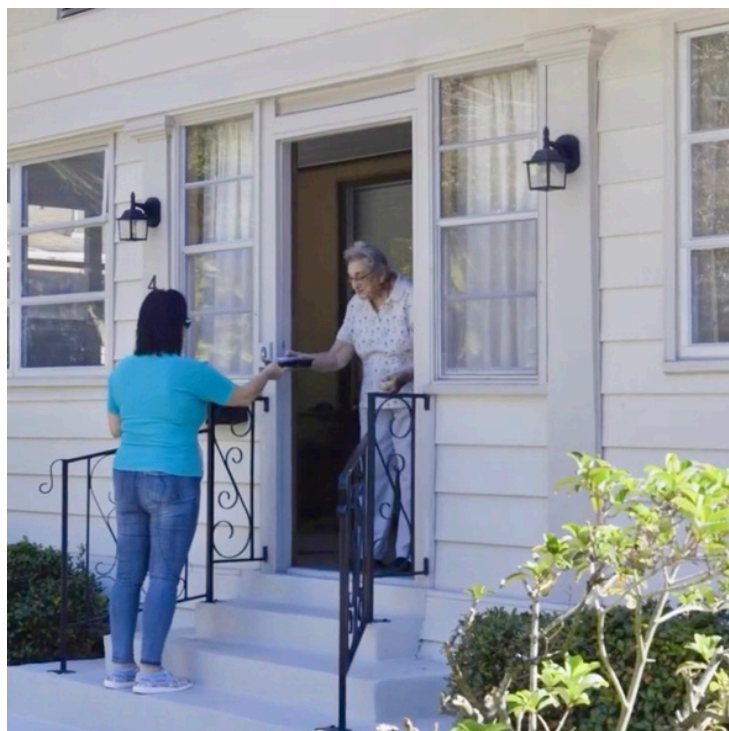


#### 4. Transporting Across Tampa

Next, our reliable box truck drivers deliver the hot bags and coolers to pick-up sites across Tampa. From there, the journey continues with the help of our volunteers.



**315,017**  
meals delivered  
in Fiscal Year 23-24



#### 5. Delivering to the Door

Volunteers pick-up their assigned hot bags and coolers from the pick-up sites and deliver them directly to the front doors of our recipients. These visits come with bright smiles, friendly conversation, and the reminder that someone cares.

*“The meals are so convenient and the variety is great. I would never cook the different things I receive, and its delicious!”*

- Beth, Recipient

# Driving Sustainability **FORWARD**

At Meals On Wheels of Tampa, we are committed to a greener future. Since 2020, we've taken significant steps to reduce our environmental impact while ensuring the highest quality service to our recipients. This year, we have introduced biodegradable fiber trays to help eliminate single-use plastic waste from our operation. This transition will help to ensure that every meal we serve supports a healthier planet.



## **Completed LEED Certified Building**

Reduced energy use by 18% compared to a building of similar size.

Reduced outdoor water usage through the use of native plantings and efficient irrigation techniques, reducing water use by 75%.

Installed low-flow water fixtures indoors, reducing water use by over 35%.



## **Launched Mobile Meal Delivery App**

Eliminates paper and simplifies driver directions with integrated mapping.

Confirms deliveries in real-time with GPS coordinates.

Automates the upload of delivery details back into CRM system with a click of a button.



## **Purchased Electric Van Fleet**

Reduced fuel costs by 51%.

Reduces pollution and emissions.

Less Maintenance.

Better driving experience; smoother, quieter ride without being surrounded by exhaust fumes.



## Biodegradable Fiber Trays

In a effort to contribute less waste, we have transitioned to fiber biodegradable trays. The new trays remain insulated to help meals stay hot while also holding strong when frozen or heated. The base of the tray is made from rapidly renewable natural sugarcane and bamboo fibers. With the need of meals increasing, this green initiative helps eliminate single-use plastic waste.



***THANK YOU*** for allowing  
us to become more  
sustainable!

# YOU ARE ENRICHING LIVES

## ONE MEAL AT A TIME

### The Power of Community in Action

Have you heard Maria's story? She's the 76-year-old who, after a stroke, faced many challenges, including partial paralysis and difficulty preparing her own meals. Her doctor emphasized the importance of nutrition to help her recovery, but with limited resources, Maria couldn't afford the meals she needed.

### THAT'S WHEN MEALS ON WHEELS OF TAMPA STEPPED IN.

Thanks to your generous support, Maria's life has taken a turn for the better. Maria began receiving daily, nourishing meals to support her healing and friendly visits from volunteers. These meals not only provide her with the nutrition her body desperately needs but also remind her that someone cares.

*"I can't tell you how much this means to me -- Meals on Wheels has made such a difference in my life. I no longer worry about how I'll get the food I need. The meals are delicious, and they've helped me feel stronger each day."*

- Maria, Recipient



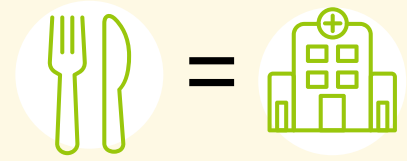


With your support, Maria is on the path to recovery. The right nutrition has made a difference, and she is regaining the strength to regain her independence.

Maria's story is a shining example of how, with your help, we can ensure that vulnerable seniors like her receive the vital support they need to heal and thrive. Thank you!



**1,977**  
senior and homebound  
individuals served  
in Fiscal Year 23-24



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

### Be A Steady Force for Change

Sign up to make a greater impact through our monthly giving program. Set up automatic payments, providing **convenience** by eliminating the need to remember to donate.

YOUR monthly contribution will provide a steady stream of income for Meals On Wheels of Tampa, enabling us to plan and execute long-term projects more effectively.

Monthly giving provides **stability and sustainability** and allows YOU to make a greater impact on the Tampa Community.

# NEIGHBORS helping NEIGHBORS



## 2024 Volunteer Appreciation

For the first time since the pandemic, we gathered in person to express our appreciation to the dedicated volunteers who bring our mission to life. The room was filled with gratitude as we recognized the essential role volunteers play in making our work possible.



*"It brings purpose to my life knowing that little bit of time I spent made someone's entire day!"*

- John, Volunteer



## Volunteer Awards

**2023 Amy Shimberg**  
**Volunteer of the Year Award**  
Greg & Shirley Williams

**2023 Adopt-A-Route of the Year**  
Sunrise

**Heart Award**  
Cheryl Holbrook  
Billie & Glenn Ellenwood



**249,818**

volunteer hours given  
in Fiscal Year 23-24



## THANK YOU 2024

### NOURISH THE HOMEBOUND BREAKFAST SPONSORS!

**Master Chef, Presenting Sponsor**  
PAR, Inc.

**Executive Chef, Community Partner**  
Suncoast Credit Union

**Chefs de Cuisine, Community Partner**  
Bloomin' Brands  
TCM Bank

**Sous Chef**  
Homes By WestBay  
Tampa Electric

**Silver Platter**  
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ELEMENT Engineering Group, LLC  
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James H. and Amy Shimberg Family Foundation

**Pewter Platter**  
Bank of America Private Bank  
Bank of Tampa  
Bush Ross  
Dealers Auction Exchange  
FIS Global  
Redstone  
Seminole Heights Family Dentistry  
Tag of Pinellas  
Vinson Law



**1,401**  
individual volunteers  
in Fiscal Year 23-24



**27,861**  
routes delivered  
in Fiscal Year 23-24

*"Meals On Wheels of Tampa  
gives hope, and we're like  
the bridge in between."*

- Pam, Volunteer

### Celebrating 50th Year Anniversary

In 2025, Meals On Wheels of Tampa will be celebrating 50 years of service. This is a great accomplishment that couldn't have been possible without your support. Stay tuned for plans to celebrate together later in the year!



# SUSTAINER COMMUNITY

## **Strengthening the Community**

*\$10,000 a year for 5 years*

Anonymous  
Ed and Amber Bass  
Rick Behnke  
Rob and Julie Blagojevich  
Element Engineering Group, LLC  
Fiume Family Foundation  
Gonzmart Family of Restaurants  
Richard and Melanie Gonzmart  
PAR, Inc.  
Willy Nunn  
Bob and Cathy Smith  
John H. Sykes Foundation, Inc.

## **Enriching the Soul**

*\$5,000 a year for 5 years*

Anonymous  
Maximillian and Jana Boehmer  
Matthew and Lori Danahy  
Jim and Cecelia Ferman  
David Finkel  
Jim and Laurel Fredlake  
Robert and Cindy Krueger  
David and Heidi R. Mattioli  
Bill and Cindy Rizzetta  
Donald Russell and B.J. Spoto-Russell  
Bretta Sullivan  
V Medicare  
Helen Wesley and Ron Wuotila

## **Nourishing the Body**

*\$1,000 a year for 5 years*

Anonymous  
Manuel and Mary Alvarez, Jr.  
Arehna Engineering, Inc.  
ASI Landscape Management, Inc.  
Mark Atkinsall  
Timothy and Michelle Backlund  
Banker Lopez Gassler, P.A.  
Ted Barber

Taylor Bass  
Beth Bennett  
Lou and Gail Bernucca  
Kim Biehl  
Nathan Bland  
Charlie and Danette Bodine  
Theresa Boyd  
Kimberly H. Brannan  
Cynthia Burnside  
Robert Busch  
Cynthia Butts  
Tom and Lisa Butts  
Joseph and Claudine Caballero  
Angela and Anthony Caldwell  
Donna and Guy Calleja  
Curtis and Mitzi Carlin  
Celeste and Nelson Castellano  
Janis Guzzle Chapman  
Dan Clark  
G. Allen and Ashley Clary  
Jessica Clemente  
Archie Collins  
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Kevin and Charlene Cottrell  
Matthew and Victoria Cox  
Ethan Crosson  
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Ryan and Elizabeth Dorrell  
Dianne and Darby Duncan  
Jonathan Ebberhart  
Katherine and Emilio Echevarria  
Davis Ellis  
John Fahey

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E. Mark and Trudie Fernandez  
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Jerry and Jane Ford  
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Jackie Gilbert  
David Gonzalez  
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Doreen Greco Ide  
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Michael and Donna Harak  
James and Melanie Harden  
Ken and Marietta Harte  
Marquis Heilig  
Niki Helton  
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Pat Holmes  
Herbie and Veronica Huesman  
Mark and Robin Ingles  
Invincia Technologies  
Joseph and Wilda Isabel  
Scott and Beth Isabel  
Jesuit High School  
Karen Johnston  
Julio Josafath  
David and Melissa Keel  
Douglas Kenny  
Temple and Tanya Kessinger  
Scott Kilbourne  
Stephen King  
Andrew and Janet Knust



# THANK YOU FOR YOUR SUPPORT!

Janis Konigsberg  
Elizabeth Krystyn  
Hope Kurth  
Steve and Cynthia Kurth  
Zoila Lahera  
John and Mary Catherine Lamoureux  
Thomas Sean and Megan Lance  
Patrick and Carol Laratta  
Megan Lavins  
Lea LeVines  
Jonathan and Karen Levy  
Christopher Littrell  
Bradley and Andreea Lloyd  
Michael P. Maddux, P.A.  
Erik M. Maltais  
Gene and Aldyth Marshall  
Samuel Martin  
Adrian Martinez  
Edward McGinty  
Bruce McGonnigal  
Bob McKay  
Russell and Louise Melendi  
Ivana Diaz and Alexei Mendoza  
Sonia Mesaros  
Ashley and Teresa Miller  
Damon Moorer  
The Mora Family  
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Barbara Mulholland  
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Michael and Jennifer Murray  
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Cortland and Vera Reilly  
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Mitchell and Susie Rice  
David and Nancy Ridenour  
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Lori Roa  
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Rufus and Monica Williams, IV  
Andrew Wilson  
David and Satrina Winter  
Walter Woolf, VMD  
Jim Wurdeman  
Steve Young  
Roger Germann and Laura Zaremba



**90% of recipients**  
say they feel better as  
a result of receiving  
home delivered meals



FOR A FULL LIST OF DONORS, VISIT, [WWW.MOWTAMPA.ORG/DONATE/DONOR-RECOGNITION](http://WWW.MOWTAMPA.ORG/DONATE/DONOR-RECOGNITION)

# FISCAL YEAR 2023-2024 FINANCIAL SUMMARY

## Public Support & Revenue

	2024	2023
Contributions - Operating	\$2,537,684	\$2,225,926
Contribution - Capital Campaign	\$330	\$805
Program Services	\$3,244,475	\$2,460,539
Investment Income	\$214,885	\$101,725
Unrealized Investment Income	\$4,905	\$4,224

<b>Total Public Support &amp; Revenue</b>	<b>\$6,002,279</b>	<b>\$4,793,219</b>
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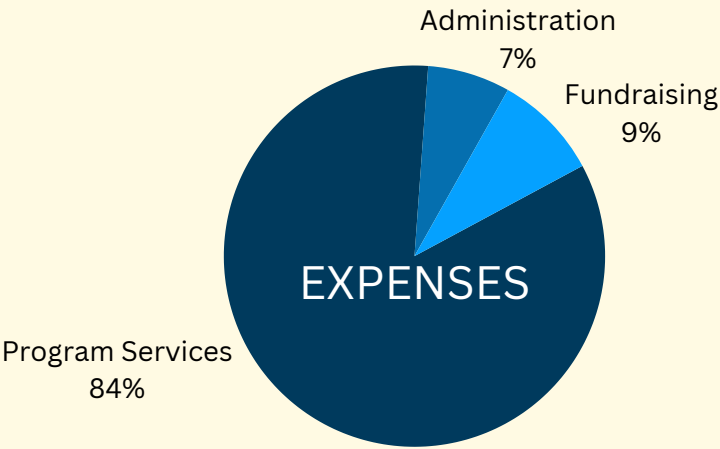
## Program & Support Services Expenses

Program Services	\$4,738,741	\$4,524,046
Administration	\$396,347	\$360,803
Fundraising	\$534,188	\$352,183

<b>Total Program &amp; Support Services Expenses</b>	<b>\$5,669,276</b>	<b>\$5,237,032</b>
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Gain on Disposal of Property & Equipment	\$0	\$18,002
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<b>Change in Net Assets</b>	<b>\$333,003</b>	<b>\$(425,811)</b>
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*“It’s good to know that I have a healthy meal every day! I just want to thank the organization for having this program. I don’t know what I would do without Meals On Wheels of Tampa.”*

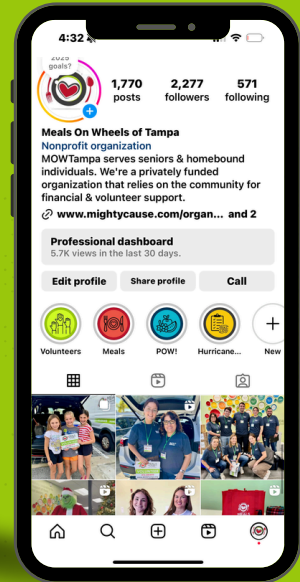
- Alfred, Recipient





## Stay Connected!

*Follow Us for the Latest News,  
Events, and Volunteer Opportunities.*



 @mealsonwheelsoftampa

 @mealsonwheelsoftampa

 Meals On Wheels of Tampa



5320 North Boulevard  
Tampa, FL 33603  
813-238-MEAL  
[www.MOWTampa.org](http://www.MOWTampa.org)  
  @MealsOnWheelsOfTampa

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## THANK YOU Community Partners!



**BANK OF AMERICA**



**TCM Bank**



Gralnick Foundation



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