

Stories from the Heart

*Your Love is Feeding and Caring for Tampa's Seniors and Homebound Neighbors
Here's what happens everyday, thanks to your generosity!*



Barbara was declining, living with severe arthritis, dental pain, and limited mobility. She couldn't afford healthy food, couldn't get to the store, and had no way to prepare meals she could chew. She was isolated and hungry. **Because of your generosity, she now has the nutrition she needs and "feels like a real person again."** **You changed her life.**

Barbara is a gem. She needed help.

She has a positive and giving heart. She says, "Now, life is better! Meals On Wheels of Tampa makes me feel like a real person again." Wow. Barbara's story is one of struggle and triumph. In her late 70's and living alone, Barbara suffers



from numerous medical and disability issues. Before starting Meals On Wheels, she was losing weight and growing weaker. She was at an increased risk of falling and possibly losing her independence. She was in trouble. Thankfully, because of you, she's now receiving meals prepared for her dental issues, ensuring she is getting much better nutrition. They make a huge difference. She is living with a greater sense of confidence and independence.

“NOW, LIFE IS BETTER! MEALS ON WHEELS OF TAMPA MAKES ME FEEL LIKE A REAL PERSON AGAIN.”

- BARBARA, 78



Meals On Wheels is truly a lifeline for Barbara. The food is helping her stay healthier, and she treasures the human connection you help provide. It allows her to feel nourished and valued. Living in her own home, she now feels less isolated and alone in the world.

One meal, one visit at a time, you are making a positive difference in our community. Thank you.





Here's another peek into what you make possible.

A BRIGHTER DAY, FUELED BY STUDENT LEADERS

Our High School Leadership Board, made up of exceptional local juniors and seniors, recently created and delivered hand-designed “A Brighter Day” booklets filled with uplifting messages and artwork. This heartfelt project helped combat social isolation among our senior recipients by reminding them they are seen, valued, and not alone.

Without you, we wouldn't be able to empower the next generation to make meaningful connections and bring joy to those we serve.

“...OFFERING A REMINDER THAT SENIORS ARE VALUED, CARED FOR, AND NOT ALONE.”



HURRICANE PREPAREDNESS PACKS

Thanks to the generosity of Tampa Electric and the helping hands of our volunteers, nearly 1,000 seniors and homebound neighbors are better prepared for hurricane season.

Each Hurricane Preparedness Pack includes water, shelf-stable meals, a LED flashlight, first aid kit, and local emergency resources.

These packs are essential to our homebound neighbors providing peace of mind and critical support ahead of hurricane season.

Why Your Support Matters

REAL IMPACT. REAL VOICES.

Every meal you help provide makes a difference. Here are the top four ways recipients say you are improving their lives:

1. The meals taste great: nourishing, comforting, and made with care.
2. The daily water bottle helps prevent dehydration.
3. Your support provides more than food, it brings peace of mind. 4 out of 5 recipients say they would struggle without the meals.
4. Recipients would recommend Meals On Wheels of Tampa to a friend.



DID YOU KNOW?

Dehydration is one of the leading causes of hospitalization for seniors, especially during the summer. That's why every hot meal is delivered with a 8oz bottle of water. 9 out of 10 recipients say it is essential to staying healthy and hydrated.

SURVEY RESULTS:



82% report they would struggle without our meals



99% say they benefit from meals and recommend to others



87% say they love the daily meals



90% say they need this important reminder to drink water



Thanks to your kindness, this year we did not have to turn away a single person from starting the program due to their inability to afford the cost of the meals. We celebrate you!

Because of You, Hope Arrives Daily

WHAT'S THE SECRET INGREDIENT TO THIS LIFE-CHANGING WORK?

YOU!

Every weekday, your support makes it possible for the delivery of meals and comfort to nearly 1,000 seniors and homebound neighbors, like Barbara. For many, this is the only food they will eat that day. The kind volunteer will be the only person they will talk with. These are the hidden hungry. Isolated and often forgotten. But not by you. Your gifts provide the essential nourishment for their bodies and the human connection they depend on. Thank you, wonderful supporter!



nearly **1,000**
daily meals delivered



112 routes
delivered daily

Thank you for believing in the seniors and homebound citizens of Greater Tampa. Because of heroes like you, Meals On Wheels of Tampa provides meals and friendly visits delivered to the homes of vulnerable aging neighbors living in our community. To this day, we're still guided by the same principles on which we were formed in 1975.



“WE'RE SO GRATEFUL FOR MEALS ON WHEELS. THE SERVICE HAS BEEN A HUGE HELP FOR MY DIABETIC FATHER, AND IT BRINGS PEACE OF MIND KNOWING HE'S GETTING NUTRITIOUS, RELIABLE MEALS. THANK YOU FOR ALL THAT YOU DO!”

50 Years of Meals, Memories, and Meaning

HONORING THE LEGACY YOU HELPED BUILD AND THE LIVES YOU NOURISH

Founded by Gloria Fuentes and a dedicated group of Tampa leaders in March 1975, Meals On Wheels of Tampa began by serving 14 meals to local seniors, prepared in the Fellowship Hall of North East United Methodist Church. From those humble beginnings, and with the support of countless volunteers and generous donors, we have grown steadily over the past 50 years. Through geographic expansions, capital campaigns, and the adoption of new technology, your support has helped us reach nearly 1,000 neighbors each weekday across 112 routes throughout Greater Tampa. This incredible milestone is thanks to you. **Your compassion continues to make all the difference!**



Gloria Fuentes, Founder

Expanding Our Reach, Thanks to You!

NEW COMMUNITIES. MORE NEIGHBORS. SAME HEARTFELT MISSION.

There are still hungry and isolated seniors living in parts of our community that we do not yet serve. With the help of generous donors like you, Meals On Wheels of Tampa will be expanding our delivery boundaries to reach neighbors in Apollo Beach, Balm, and Thonotosassa by early 2026. This growth means more nourishing meals and caring visits will reach those who need them most. Your support is making a lasting difference in the lives of seniors and homebound individuals, ensuring they are seen, supported, and never left behind. We are deeply grateful for your continued belief in our mission. **THANK YOU!**

**“TAMPA SENIORS NEED
YOU! KEEP UP THE
GREAT WORK.”**



**Celebrating 50 Years of Service
to the Greater Tampa Community**