



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

2024-2025 IMPACT REPORT

Impact Starts with a Meal

Honoring the Past, Embracing the Future

BOARD OF DIRECTORS FISCAL YEAR 2024 - 2025

PRESIDENT
ED BASS

VICE PRESIDENT
DAMON MOORER

TREASURER
WILDA ISABEL

ASSISTANT TREASURER
KEVIN FRANZESE

SECRETARY
AARON SAOUD

CLAUDINE CABALLERO
ANDREW ELIAS
DAVE FINKEL
DAN GRECO
DOREEN GRECO IDE
HOLLY O'BRIEN
JEFFREY RHODES
SARAH SCHWIRIAN
LAURA SHERMAN
ROBERT SHIMBERG
CATHY SMITH
RICHARD THOMPSON
FRED WALLRAPP
ALLYSON WALTER
JULIE WARD



This year marks an important chapter in Meals On Wheels of Tampa's history. After 20 years of dedicated service, Executive Director Steve King retired, and we welcomed Mandy Cloninger as our new CEO.

During his tenure, Steve led many significant milestones, including the launch of the social enterprise Nonprofits Helping Nonprofits, innovative programs such as Hurricane Preparedness, Produce On Wheels, the High School Leadership Board, and the expansion of

services to reach more seniors and homebound neighbors across our community.

Perhaps most notably, Steve helped secure the support of donors and community partners to fund and build our current facility, including a state-of-the-art commercial kitchen designed to meet the community's growing needs for years to come.

"Steve has led Meals On Wheels of Tampa with vision, compassion, and an unwavering dedication to serving homebound seniors," said Board President Ed Bass. "His leadership has laid the foundation for lasting impact and inspired all of us to be filled with passion and energy for this mission. We are deeply grateful for his extraordinary legacy in this community."

In December 2025, we welcomed Mandy Cloninger as CEO. "Meals On Wheels of Tampa has such a strong foundation," Mandy shared. "Together, we can build on it in ways that are both meaningful and fun."

Thank you to our donors who make this mission possible. Your commitment to addressing senior hunger and isolation, along with your support during this leadership transition, is helping ensure our next chapter is one of continued service, growth, and impact.

Meet MANDY

Things to know about Mandy Cloninger, our new Chief Executive Officer

Mandy brings a longtime history of leadership in Tampa, including nearly 25 years of experience in guiding teams and developing partners to deliver services in our area, including Feeding Tampa Bay, Trintiy Café, Metropolitan Ministries and healthcare and higher education organizations. For the past 5 years, Mandy has owned and operated a consulting business.

She measures distance in bike rides, not miles.

Her passport, hiking boots and library card get plenty of use.

She is a proud Gator who says, "Go Gators!" at every opportunity.

She collects decorative plates, but thinks the best plates are the ones filled with a hot meal for a neighbor.

Most Mondays, she trades her office for a Meals On Wheels delivery route, and you're welcome to join!



261,200 of meals delivered
1,765 of people served
76% report improved nutrition



NUTRITION

FOOD IS MEDICINE

Good nutrition is essential for staying healthy and independent as we get older. The right balance of nutrients helps older adults maintain strength, energy and overall well-being. Proper nutrition also lowers the risk of health problems, improves mobility and supports mental health.

As we grow older, our nutritional needs change. Seniors often need fewer calories but more nutrients like protein, fiber and vitamins. But getting the right nutrition isn't always easy. Many seniors face challenges like a loss of appetite, trouble cooking or limited access to healthy food.

That's why Meals on Wheels places such a strong focus on providing nutritious, age-appropriate meals, ensuring seniors receive adequate nutrients that align with current dietary guidelines.



1 YEAR



1 DAY

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



SOCIAL ISOLATION

Connection & Friendship

A warm hello and a quick chat during a Meals on Wheels delivery might seem small, but it's a lifeline for homebound seniors.

These moments of connection help keep them healthy and safe, while also serving as a wellness check for their loved ones.

*"A meal a day reduces my stress.
The delivery people are the best
people - the very best!"*

- Dorothy, Recipient



1 in 2

of recipients report they live alone, but no one should be alone for meal time.



78%

of home-delivered meal participants say knowing they will receive regular visits helps them feel safer



41%

of recipients say the MOW volunteer is the only person they see

VOLUNTEER *POWER*

Meals on Wheels volunteers deliver More Than A Meal®, they are a vital lifeline for seniors. Volunteers bring nutritious meals directly to the homes of older adults who are homebound, isolated, and unable to prepare food for themselves. Along with a meal, they offer a friendly smile, a moment of connection, a safety check, and peace of mind for both recipients and their families.



91%

of home-delivered meal participants say the meals help them live independently



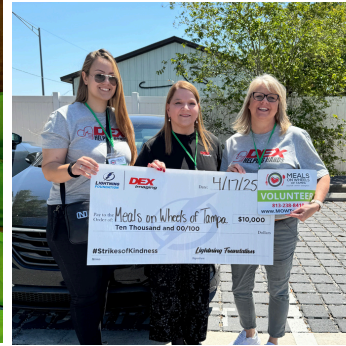
Volunteer Awards

2024 Amy Shimberg
Volunteer of the Year Award
John Burrell

2024 Adopt-A-Route of the Year
Tampa Bay Lightning

Heart Award
Veronica Alfaro Sanchez
Roger McMahon





"The volunteers have become my friends and I look forward to seeing them each day and talking with them. Everyone is so nice and caring."

- Julia, Recipient



27,664
routes delivered
in Fiscal Year 24-25



1,907
individual volunteers
in Fiscal Year 24-25



49,812
volunteer hours given
in Fiscal Year 24-25

CELEBRATING 50 YEARS OF SERVICE

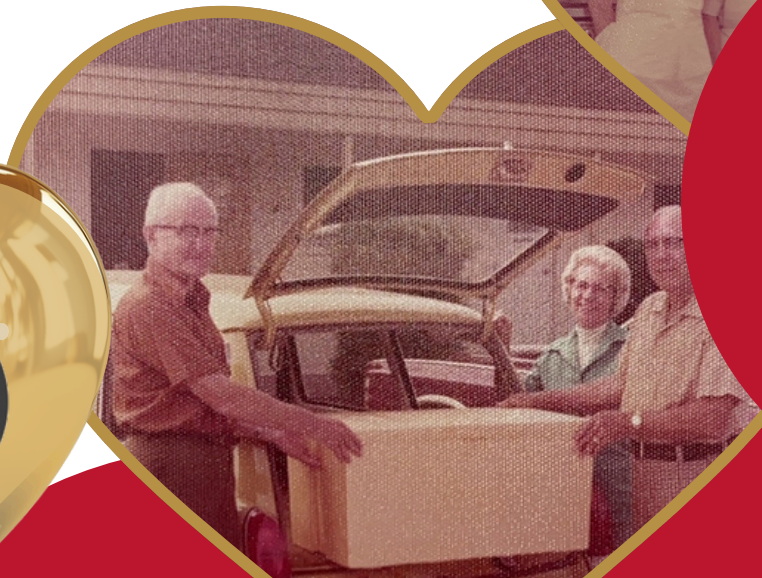


HEARTS OF *GOLD*

In recognition of its five decades of dedicated service to the Tampa Bay community, Meals On Wheels of Tampa hosted its 50th Anniversary Celebration on Wednesday, November 5 at the Bob Buckhorn River Center in downtown Tampa. The special event provided an opportunity for the organization to thank CEO Steve King for his many years of service, introduced its new leadership, honored the many dedicated volunteers, sponsors and supporters and allowed for a time to reflect on all that has been accomplished over the past 50 years, most especially the many lives that have been positively impacted by their efforts.

The City of Tampa congratulated Meals On Wheels of Tampa, and all who have been involved in impacting the well-being of those needing assistance in our community and proclaimed Wednesday, November 5, 2025 as:

“MEALS ON WHEELS 50th ANNIVERSARY DAY”



COMMUNITY SUPPORT

High School Leadership Board



The High School Leadership Board (HSLB) is a service-learning and leadership development program for Junior and Senior high school students. Members of the HSLB contribute to programming, while acting as ambassadors and leaders in their communities.

The 2024-2025 HSLB class created *A Brighter Day*, with 50 uplifting messages of hope, affirmation and kindness in English and Spanish. The students wrote and curated the content of the book, which was delivered to the recipients in May 2025. The book had encouraging messages, fun jokes, original artwork, and more. This creative project reflects the energetic leadership of the HSLB, and their thoughtful and compassionate understanding of “nourishing the body, enriching the soul, and strengthening the community”.



Apollo Beach

We’ve officially expanded into the Apollo Beach area, now serving neighbors in the 33572 zipcode. As we begin service in this community, we are welcoming new recipients who could use the support. We’re also looking for compassionate volunteers to help deliver meals and smiles along each route, making this expansion possible.

THANK YOU 2025 NOURISH THE HOMEBOUND BREAKFAST SPONSORS!

Master Chef, Presenting Sponsor

PAR, Inc.

Executive Chef, Community Partner

Suncoast Credit Union

Chefs de Cuisine, Community Partner

Fifth Third Bank

Outback Steakhouse

Tampa Electric

TCM Bank

Sous Chef

Homes By WestBay

Casa Fresca Home

Silver Platter

Baldwin Group

Brown & Brown Tampa

Dealers Auction Exchange

ELEMENT Engineering Group, LLC

Hill Ward Henderson

Tag of Pinellas

USAA

Pewter Platter

Bank of Tampa

BayCare

Shimberg Family Foundation

Redstone

S-RM

Vinson Law

Friends

Banker Lopez Gassler, PA

Cogent Bank

Greenacre Properties

“My daily life would be so much harder without MOW. It cuts down my need to shop, prepare meals, clean up with limited mobility and energy.”

- Kevin, Recipient



SUSTAINER COMMUNITY

Inspire

\$10,000 a year for 5 years

Anonymous
Ed and Amber Bass
Rick Behnke
Rob and Julie Blagojevich
Element Engineering Group, LLC
Jim and Cecelia Ferman
Scott and Kathy Fink
Fiume Family Foundation
Gonzmart Family of Restaurants
Richard and Melanie Gonzmart
PAR, Inc.
Willy Nunn
Alden and Laura Sherman
Bob and Cathy Smith
John H. Sykes Foundation, Inc.

Strengthen

\$5,000 a year for 5 years

Anonymous
Maximillian and Jana Boehmer
Matthew and Lori Danahy
David Finkel
Jim and Laurel Fredlake
Robert and Cindy Krueger
David and Heidi R. Mattioli
Kathleen McMurray
Rick Fee Charitable Foundation
Bill and Cindy Rizzetta
Donald Russell and B.J. Spoto-Russell
Bretta Sullivan
V Medicare
David and Cindy Vann

Enrich

\$2,500 a year for 5 years

Adam Besnard
Curtis and Mitzi Carlin
Alex Clark
Dianne and Darby Duncan
Chuck and Nacole Fest
Rini Fredette
Dan and Kristin Greco
Thomas Alexander & Demelza Genest

Scott Kilbourne
Samuel Martin
R. Ashley and Teresa Miller
Greg Gruendel and Holly O'Brien
St. John's Episcopal Church
Heather Sullivan
Tampa Bay Financial Planning
Julie Ward
James Waters
Josh and Andrea Webb
Bill Winters

Nourish

\$1,000 a year for 5 years

Manuel and Mary Alvarez, Jr.
Arehna Engineering, Inc
Andre Mark Atkinstall
Maria Azuaje
Timothy and Michelle Backlund
Banker Lopez Gassler, PA
Ted and Angela Barber
Beth Bennett
Lou and Gail Bernucca
Kim Biehl
Nathan Bland
Charlie and Beverly Bodine
Theresa Boyd
Kimberly H. Brannan
Jim and Lora Brennan
Cynthia Burnside
Robert Busch
Cynthia Butts
Tom and Lisa Butts
Joseph and Claudine Caballero
Angela and Anthony Caldwell
Lizzie Callaway
Donna and Guy Calleja
Jenise Carr
Celeste and Nelson Castellano
Dan Clark
Michael and Sonjah Clark
G Allen and Ashley Clary
Jessica Clemente
Archie Collins
Stephen M. and Suzanne Cooper

Trey Corish
Kevin and Charlene Cottrell
Ethan Crosson
Crown Insurance Group
Barbara J. Curts
Rick Dean
Robert and Margaret Degling
Isabel and John Dewey
Christopher G. and Toni T. Diaz
Brian Dillion
Chandler Dillion
Michael and Cheri Donohue
Mike and Leslie Donovan
Edward and Stacy Eager
Jonathan Ebberhart
Katherine and Emilio Echevarria
Davis Ellis
John Fahey
Fee and Jeffries, P.A.
Adam Fernandez
E. Mark and Trudie Fernandez
First Home Bank, a Bay First Company
Jane and Hank Floyd
Ford & Associates, Inc.
Tammi and Kevin Franzese
Pamela Freedman
Bob Fulton
Robert and Lisa Garcia
Steve and Hope Gervais
Jackie Gilbert
David Gonzalez
Keith and Laura Grams
Doreen Greco Ide
Janis Guzzle Chapman
Yusuf Haidermota
Fraser and Nancy Hale
Andrew and Mary Ann Hamilton
Michael J. and Donna L. Harak, Jr.
James and Melanie Harden
Ken and Marietta Harte
Themie Prodromitis & Douglas Harvie
Niki Helton
Thomas N. and Anne C. Henderson, III
Ben and Marte Hill, III
Hines Norman Hines, Attorneys at Law

THANK YOU FOR YOUR SUPPORT!

David Holland
Pat Holmes
Billy Howard
Herbie and Veronica Huesman
Mark and Robin Ingles
Invincia Technologies
Scott and Beth Isabel
Joseph and Wilda Isabel
Jesuit High School
Karen Johnston
Julio Josafath
David and Melissa Keel
Douglas Kenny
Temple and Tanya Kessinger
Stephen King
Andrew and Janet Knust
Janis L. Konigsberg
Elizabeth Krystyn
Cynthia Hope Kurth
Steve and Cynthia Kurth
Frank LaFalce
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
Matthew Livak
Bradley and Andreea Lloyd
Beth Maberry
Michael P. Maddux, P.A.
Erik M. Maltais
Gene and Aldyth Marshall
Adrian Martinez
Edward McGinty
Bob McKay
Russell and Margaret Melendi
Ivana Diaz and Alexei Mendoza
Sonia Mesaros
Gary and Susan Miller
Damon Moorer
Arthur and Frieda Moseley

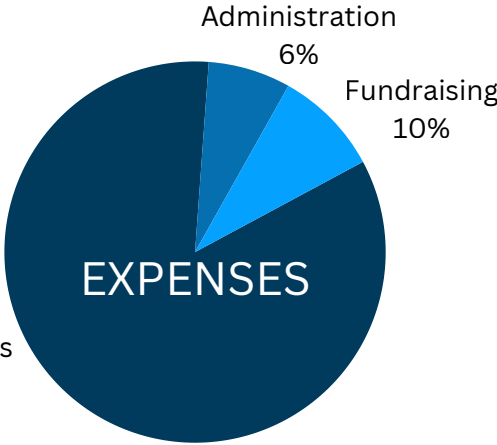
Robert and Jennifer Murphy
Jamie Klingman & Anthony Mutchler
Elizabeth Neal
Mary Kate Harrison & Gordon Newman
Edmund and Melaney O'Carroll
Timothy O'Connor
Alexandra Ojeda
Stanley Orr
Edward and Nancy Paikoff
Palermo Real Estate Professionals
Michael Palios
Yaliana Perdomo Conde
Andrew and Barbara Peterson
Scott and Kobie Pierce
Fausto Pombar
Daniel and Angela Poposki
Eric Poupon
Prida Guida & Company, P.A.
Sonya Ranker
Cortland and Vera Reilly
Craig Rice
Mitchell and Susie Rice
David and Nancy Ridenour
Kevin and Kathy Ritchie
Lori Roa
R. James and Lindsey Robbins, Jr.
James M. and Christie D. Roberts
Roche Surety and Casualty Co., Inc.
Mark Scheidter
Jonathan and Virginia Schwartz
Sarah Schwirian
Stephen and Diana Sessums
Katherine E. Shannon
Deborah Sheridan
Michael and Ramona Shimberg
Richard and Dena Shimberg
Robert and Michelle Shimberg
Dr. Martin Silbiger
James Simon, Jr.
Brian M. Smith
Anthony Sorrentino
Joy St John
Jennifer Stauffer
Joel Stevens II

Ellen Stichter
Jay and Laura Talley
Pamela Menendez & Lincoln Tamayo
Tampa Bay Trust Company
Justin and Lucy Terrill
The Fowkes Family
The Mora Family
The Taylor Family
Paul and Kristan Thomason
Rich and Teresa Thompson
Peter Titus
Rolando Torres
Sandra Tuttle
Gilman Tyler
Joseph Valenti
Lisa Walker
Catherine D. Wallace
Kevin and Laura Walsh
Allyson Walter
Christopher H. Ward
Beverly J. White
Anne T. Wiles
Darrell Williams
Jane Williams
Rufus and Monica Williams, IV
Andrew Wilson
Donald Wols
Walter Woolf VMD
Jim Wurdeman
Steve Young
Roger Germann & Laura Zaremba

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

FISCAL YEAR 2024-2025 FINANCIAL SUMMARY

Public Support & Revenue	2025	2024
Contributions - Operating	\$2,851,366	\$2,537,684
Contribution - Capital Campaign	\$0	\$330
Program Services	\$3,277,929	\$3,244,475
Investment Income	\$213,658	\$214,885
Unrealized Investment Income	\$5,385	\$4,905
Total Public Support & Revenue	\$6,348,338	\$6,002,279
Program & Support Services Expenses		
Program Services	\$5,026,330	\$4,738,741
Administration	\$385,383	\$396,347
Fundraising	\$579,521	\$534,188
Total Program & Support Services Expenses	\$5,991,234	\$5,669,276
Gain on Disposal of Property & Equipment	\$0	\$0
Change in Net Assets	\$357,104	\$333,003



PLANNED GIVING

A Legacy of Nourishment and Care

A planned gift is a way to include Meals On Wheels of Tampa in your estate or long-term financial plans.

It allows you to make a meaningful impact beyond your lifetime - often without affecting your current financial situation.

Many donors find comfort in knowing that a planned gift reflects the values they've lived by: caring for neighbors, honoring seniors, and strengthening the Tampa community.

These gifts provide an enduring foundation that allows us to respond - today, tomorrow, and for years to come.

To learn more about becoming a member of our **Circle of Care Society** please contact Cindy Vann at c.vann@mowtampa.org or call (813) 238-8410.

"I've supported Meals On Wheels for years because I've seen the difference it makes. Including it in my estate plan felt like a natural way to continue helping seniors even after I'm gone."

— Legacy Donor





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

NON PROFIT ORG
US POSTAGE
PAID
TAMPA FL
PERMIT No 1986

THANK YOU Community Partners!



OUTBACK
STEAKHOUSE®

CARRABBA'S
ITALIAN GRILL

BONEFISH
GRILL

Fleming's
PRIME STEAKHOUSE & WINE BAR

BANK OF AMERICA



TCM Bank



THE USAA
FOUNDATION

PAR
Creating Connections.
Changing Lives.

Suncoast
Credit Union

TECO
AN EMERA COMPANY

Gralnick Foundation

PUBLIX SUPER MARKETS
CHARITIES

FIFTH THIRD BANK

Mosaic

TRIAD 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.