



MEALS ON WHEELS WEST

Delivering More Than a Meal



City of

Santa Monica



MEALS ON WHEELS WEST

Delivering More Than a Meal

Meals On Wheels West

provides community based services that nourish and enrich the lives of our homebound neighbors, of all ages, by providing nutritious meals, an emergency preparedness program and referrals to other services that promote independent living and wellbeing.

REFER - VOLUNTEER - DONATE



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“Food insecurity is a major public health issue that has reached crisis proportions in LA County. Having access to nutritious, affordable and quality food is essential to the wellbeing of individuals and the communities in which they live. Immediate and concerted action is needed to respond to this crisis and ensure that all people can fulfill the basic need for adequate nutrition.”

....County of Los Angeles Public Health Department in a July 2015 report, *Rising Food Insecurity in Los Angeles County.*



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DELIVERING MORE THAN A MEAL

- **Friendly visit reduces isolation**
- **Daily Wellness Check by volunteers**
- **Referrals to other social services**
- **Quarterly health assessments**
- **A dietician approved low sodium hot lunch and a cold dinner/snack Monday – Friday**
- **Medically appropriate diets including diabetic, renal, puree, and Vitamin K**
- **Frozen dietician approved weekend meals**



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Number of meals delivered in the last five years has grown from 40,000 annually to more than 125,000 annually

Number of clients served in the last five years increased by more than 150%



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VOLUNTEERS

We depend on our dedicated volunteers to deliver meals and do the daily Wellness Check.

Volunteers are the Wheels at MOW West



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“The volunteers are so polite and friendly. They ask me how I am doing. I’m so glad I receive Meals on Wheels, it has changed my way of eating. I would like to thank everyone for their kindness and support.”

... Santa Monica client



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Joy of Volunteering

https://www.youtube.com/watch?time_continue=16&v=kLLheZFfmvI

https://www.youtube.com/watch?time_continue=15&v=kLLheZFfmvI



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“My patient relies on Meals on Wheels to provide food that keeps her feeling better and out of the emergency room. She’s eats healthier.”

... Maria Sandoval, caretaker



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Volunteer Training Video

<https://www.youtube.com/watch?v=kILheZFfmvI>



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Supporting Veterans on the Homefront

A free to veterans and their spouses home delivered meals program in Santa Monica, Venice, Marina del Rey, Pacific Palisades and Malibu.



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Veterans Initiative



VA GREATER LOS ANGELES
HEALTHCARE SYSTEM



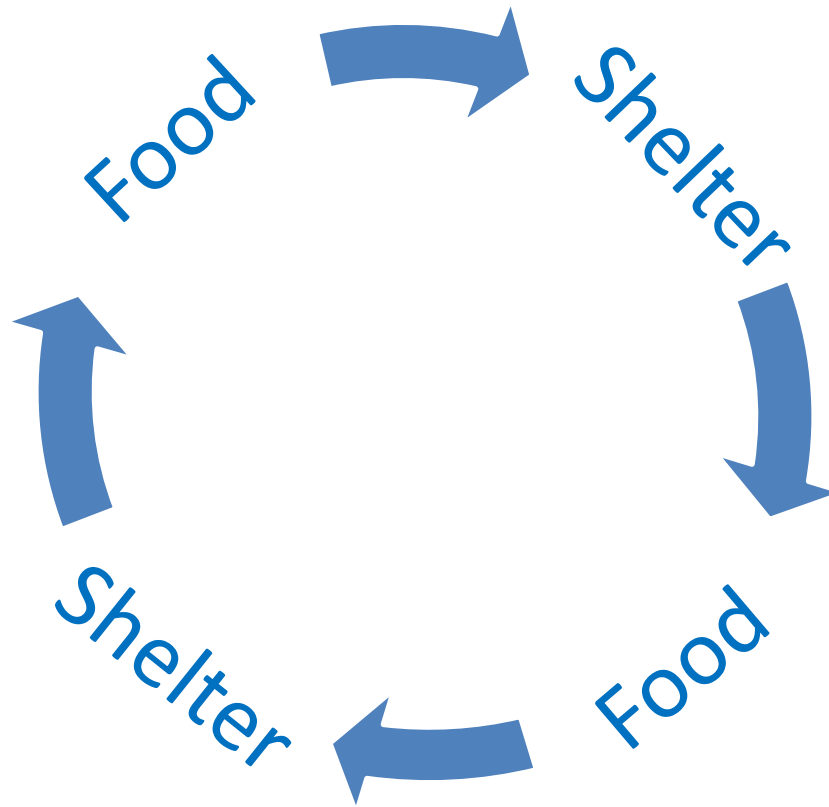
A Division of VA Desert Pacific
Healthcare Network





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FOOD & SHELTER

This program focuses on providing meals to formerly homeless people who are now living in permanent housing.

Partners



Community Corp.
of SANTA MONICA





MEALS ON WHEELS WEST

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Keeping People and Pets Together

Many Meals On Wheels West clients enjoy the companionship of pets. People with pets feel less isolated, are happier and healthier

Meals On Wheels West cares and helps keep our clients and their beloved pet companions together





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amazon

IMDb



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**You can deliver once a week, once a month,
quarterly, whatever works for you.**

**Sign up online through Julie
or contact Margaret**

Margaret@Mealsonwheelswest.org

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