Foodnet Meals on Wheels

Annual Meeting

February 12, 2018

FOODNET
MEALS ON WHEELS

Meal Delivery

Foodnet serves nearly 700 daily meals to over 400 older adults and others in-need throughout Tompkins County so our neighbors can live a life without hunger or isolation.

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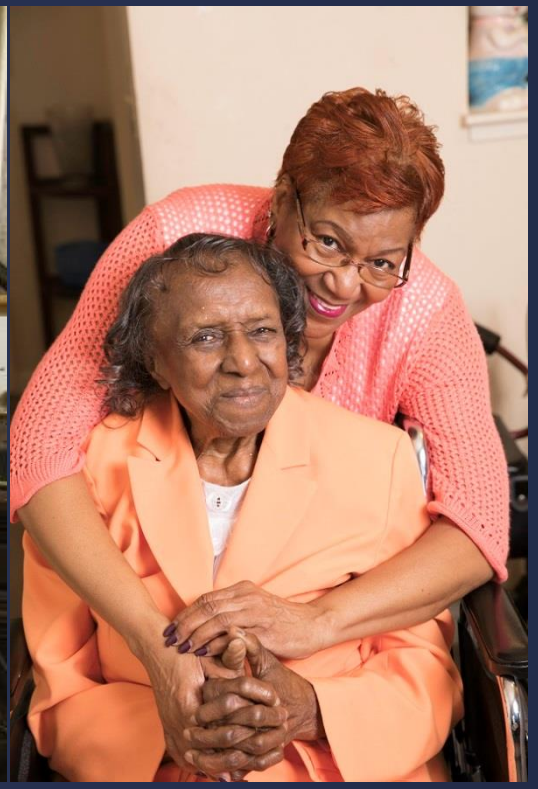
More than a meal



Each meal is delivered with a safety check, a friendly visit, and compassion

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Social Dining

Social dining provides human connection, nutrition education, and meaningful volunteer opportunities. We remind our community elders that we care.

**Titus Towers, YMCA, Center Village Court, Lifelong & 1st Baptist Church*

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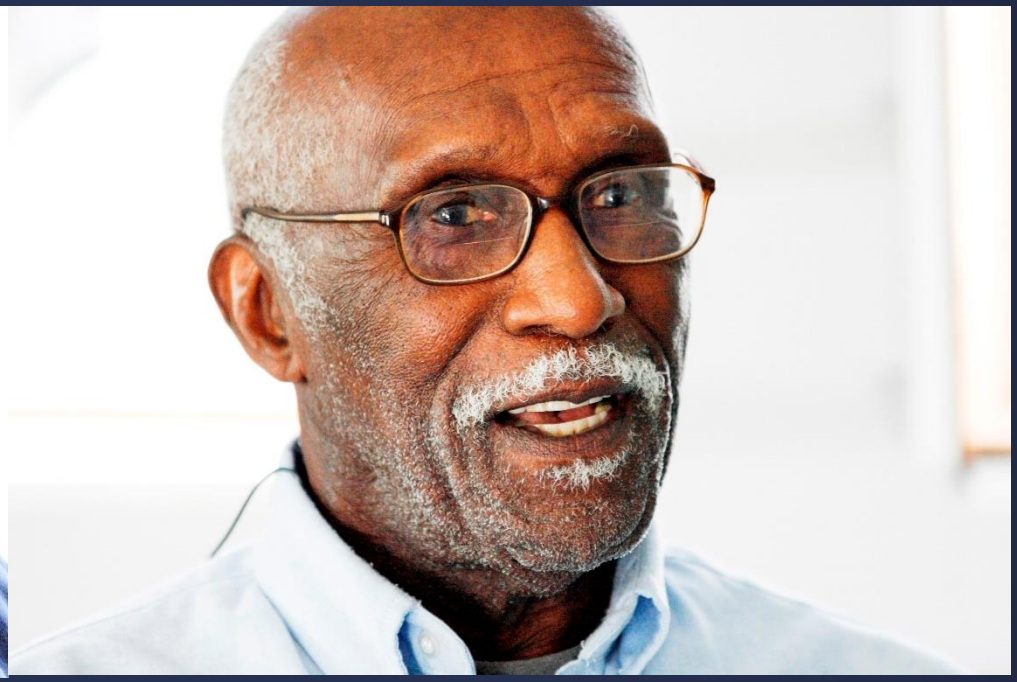
Comprehensive Nutrition Services



Nutrition Assessment, Counseling, Education, & Analysis by a Registered Dietitian

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2017 Accomplishments

Partnerships
- YMCA
- Lifelong
- Subaru
- Maguire Family of Dealerships
- Cornell Dietetic Program

Advocacy
- Visits from Assemblywoman Lifton, Legislators, and Senator Gillibrand's Office
- Proclamations by Senator O'Mara & Congressman Reed's Office
- Foodbank Advocacy Coalition

Grants & Development
- Exceeded Development Goals by 19K
- United Way
- Sandy & Jay True Fund of the Community Foundation
- Legacy Foundation
- Triad Foundation
- Meals on Wheels America
- Van Sponsorships
- 116 new Donors
- 545 Donors Total

Events
- 30th Annual Picnic
- Mac 'n Cheese Bowl
- Paganini and Pie
- Subaru Donation Event
- Ithaca Festival Parade

Board & Staff
- Successfully recruited new board members
- Successful campaigns
- Staff transitions
- Staff promotion

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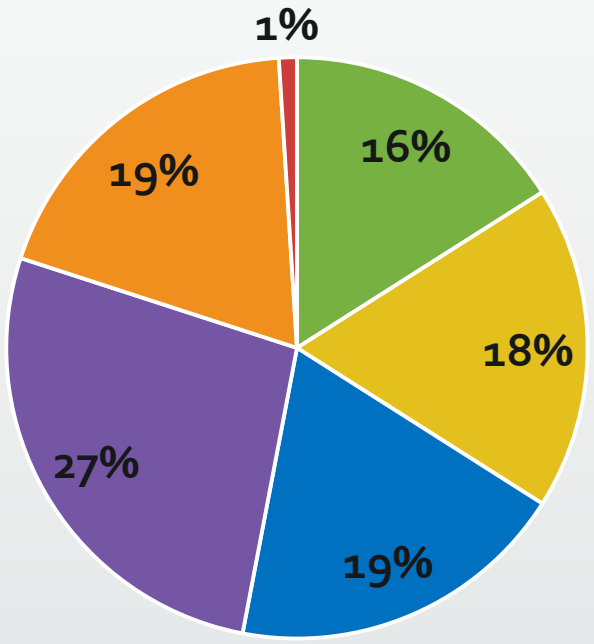
Foodnet Projected Funding 2018

Total Project Funding
$1,302,597



- Charitable Contributions $212,000
- State $237,309
- Federal $242,872
- Tompkins County $355,816
- Participant Contributions/Insurance $241,300
- Municipalities $13,300

FOODNET MEALS ON WHEELS

Foodnet served **168,225 meals** in 2017!

Meal Location	Total Meals Served
Titus Towers	8,964
Groton (Center Village Court)	6,443
*Lansing (Woodsedge Apartments)/YMCA	1,638
Central Kitchen	4,342
Trumansburg Catered Meals (First Baptist Church)	834
Home Delivered Meals (9 Routes)	146,004
Grand Total	**168,225**

***Lansing Closed 11/3/2017, YMCA Opened 3 days per week 11/6/2017**

*** 303 Blizzard Bags Distributed = 1,212 meals**

FOODNET MEALS ON WHEELS

786 Unduplicated Clients Served in 2017

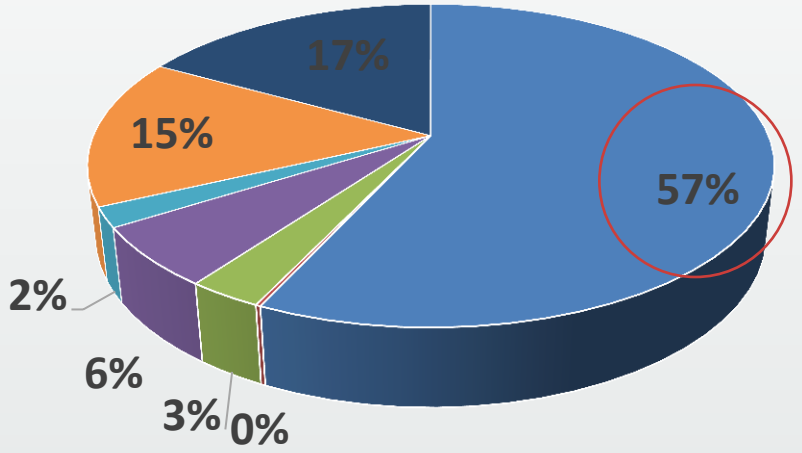
76% received Home Delivered Meals
n=600

24% received Congregate Meals
n=186

FOODNET MEALS ON WHEELS

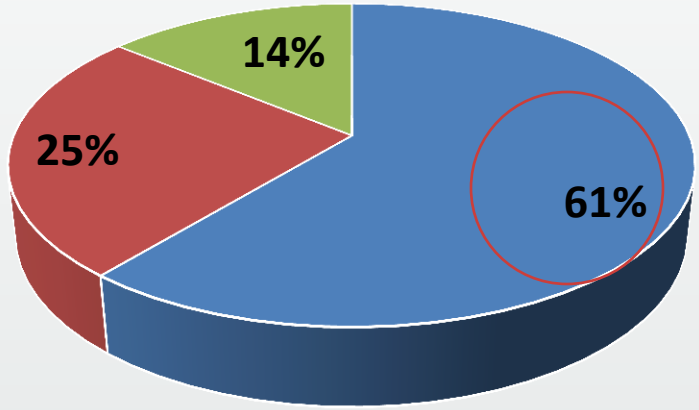
Participant Demographics *n*=786

57% of Participants Live Alone



- Alone (n=446)
- Non-Relatives/Domestic Partner (n=2)
- Others (n=22)
- Relatives (n=49)
- Spouses & Others (n=15)
- Spouse Only (n=114)
- N/A (n=13)

61% are considered frail/disabled

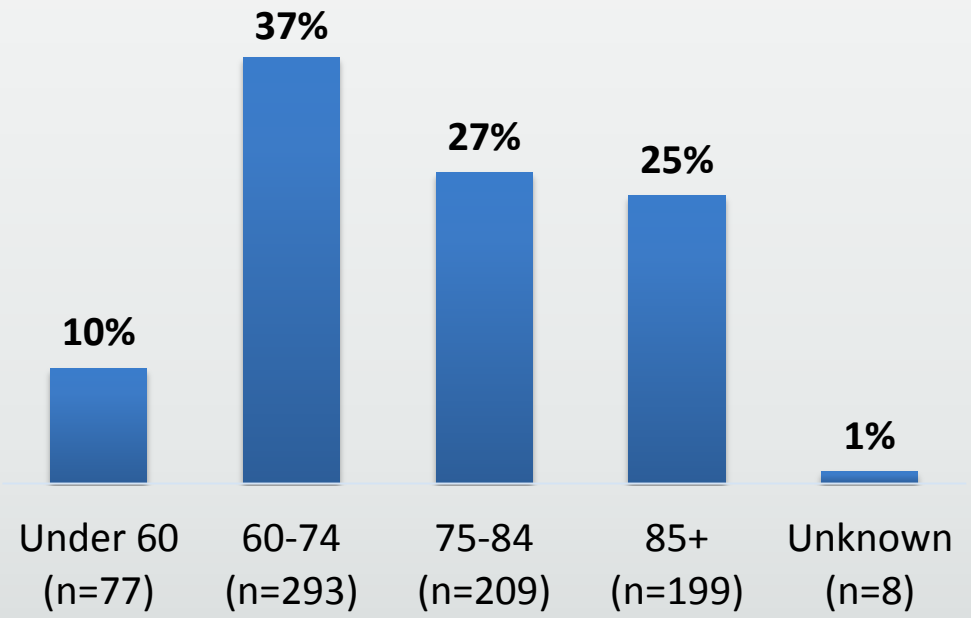


- Frail/Disabled (n=477)
- Non Frail/Diabled (n=196)
- N/A (n=113)

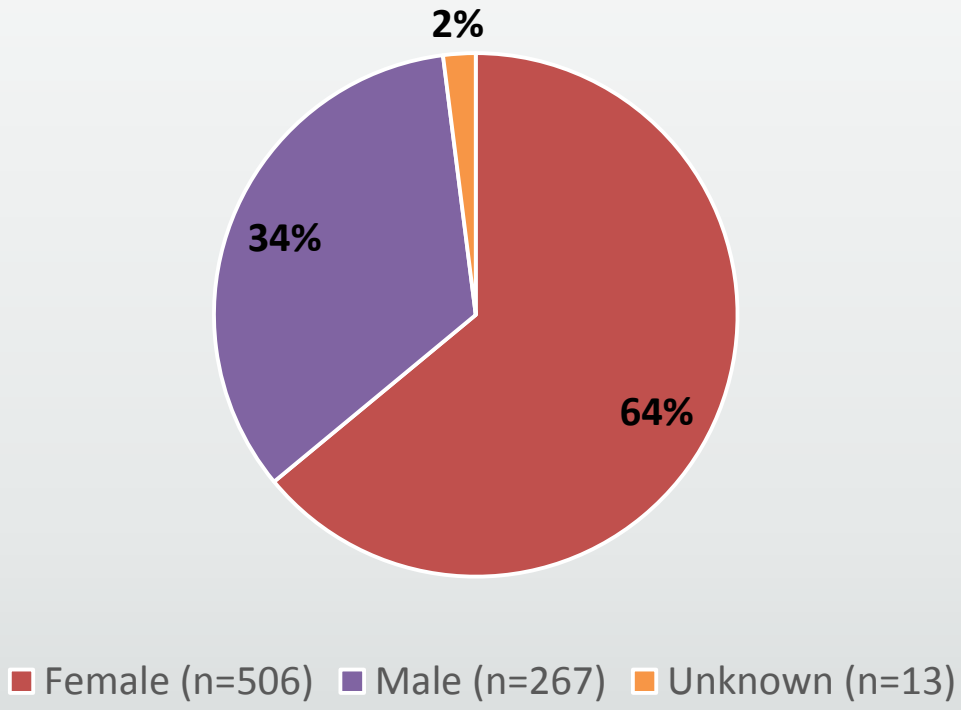
FOODNET MEALS ON WHEELS

Participant Demographics *n*=786

37% of participants are age 60-74



64% of participants are female



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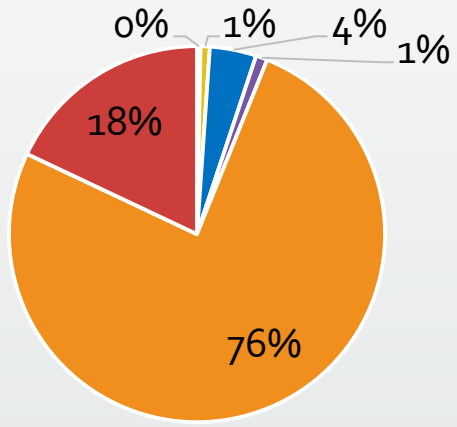
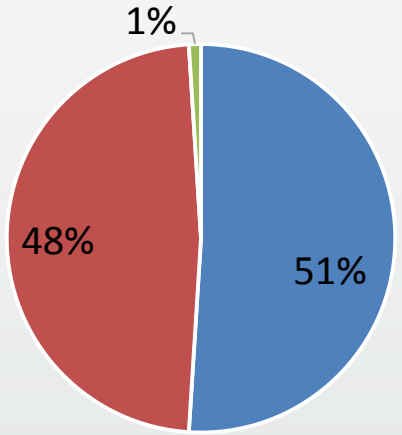
Participant Demographics *n*=786

76% of Participants are White non-Hispanic



- American In/Alaskan (n=3)
- Asian (n=7)
- Black or African American (n=33)
- White Hispanic (n=9)
- White not Hispanic (n=591)
- Unknown (n=143)

51% of Participants reside in rural areas



- Rural (n=400)
- Non-Rural (n=377)

FOODNET MEALS ON WHEELS

Nutrition Education & Counseling 2017

Over 400 Nutrition Counseling Hours were provided

Over 4,000* Nutrition Education Units were provided

202 initial assessments
212 reassessments
156 six month contacts

*Nutrition Education units include onsite education at all congregate meal program sites

FOODNET MEALS ON WHEELS

Our Meals Matter (satisfaction surveys 2017)

Home Delivered Participants (*n*=123)

- ✓ 80% say the meals help them continue to live independently
- ✓ 75% say that the meals help them to manage their health
- ✓ 62% say that the meals have changed their health

Congregate Program Participants (n=41)

- ✓ 82% say they eat at their meal site, because they like eating with others
- ✓ 68% say the meals help them continue to live independently
- ✓ 53% say the meals help them to manage their health

Client satisfaction survey October 2017 * 164 responses 36% response rate

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