



More Than Meals...



Message from Executive Director, James G. Sigurdson

In 2022 Meals on Wheels of Ocean County was determined to get back to business as usual after the disruption caused by the Covid-19 Pandemic. I was so proud that we were able to start the year on good footing and resume some of the programs that we had to suspend during the outbreak.

In March, we reignited our Community Café, our on-site meal and activity center in Manahawkin as well as sites in Jackson, Brick and Waretown. These Cafés are vital for our senior's wellbeing as they reengage in community life. In addition to serving meals, these sites offer daily social and recreational activities to stimulate the mind, body, and soul.

More Than Meals

We asked Ocean County Elected Officials to join us in meal delivery to their constituents. We were privileged to have Congressman Andy Kim (NJ-3), Brick Mayor John Ducey, Toms River Mayor Mo Hill, and Commissioner Joseph Vicari ride-along with our drivers. The looks on our seniors faces when they saw that their representatives cared enough to deliver a meal was priceless and our elected officials saw how much our program does and how Meals on Wheels of Ocean County is **More Than Meals**.

One lingering consequence of the pandemic is the limited availability of some of the foods we purchase for our meals. Meals on Wheels of Ocean County uses the healthiest option available to keep our meals at 1/3 of a senior's daily dietary needs. We feed over 900 seniors daily and have all those palates to satisfy which is why our menus are so varied. Some vendors inventory levels are still low, or they cannot get the product at all which requires a change in our menu, or that the item be removed from our 5-week menu rotation.

When the going gets tough, Meals on Wheels of Ocean County puts it into 4-wheel drive!

Meals on Wheels of Ocean County has also felt the sting of inflation from our food and packaging costs

to gasoline for our trucks. Pre-pandemic, the cost to procure, prepare and deliver each meal was about \$10. Now, because of inflation, the cost is over \$14 per meal. **That's a 28% increase!**

Our Meals on Wheels program enables our seniors to remain in their homes with dignity, and affordably when you consider the alternative of paying more than \$6,000 a month for assisted living, or a nursing home. Compared to the \$2 per meal donation that Meals on Wheels of Ocean County requests this is a huge relief and savings for seniors and their families. That's just a little over \$500 per year for a senior who receives meals 5 days a week. That \$2 per meal donation helps defray the cost of preparing and delivering meals (which is over \$14 per meal). And we don't just provide good nutrition, our daily safety and wellness checks also save lives!

Continuing to deliver More than Meals!

We are fortunate to have many stakeholders supporting our program. This year, the Ocean County Office of Senior Services recognized the need to increase transportation services to and from our Manahawkin Community Café, which pre-pandemic had about 40 participants attending daily and now has only about 12 daily, so the Ocean County Board of Commissioners granted us funding for a transportation vehicle and driver so that we can get more seniors in the area to our Café.

An investment that is well worth it!

Meals on Wheels of Ocean County is so fortunate to have been granted Congressional Discretionary Funding in 2022 to purchase **5 new vehicles** in the Omnibus Bill that was passed by Congress. Senator Cory Booker and Congressman Andy Kim (NJ-3) are fierce advocates of Meals on Wheels and made this funding possible. Without this, our trucks would continue to break down and not perform at peak levels, causing delays in service for our most vulnerable seniors in Ocean County.

To our employees, feeding and caring for Ocean County's frail, vulnerable, and homebound elderly is their call to social action. During this past year, we are pleased to report that served over 240,000 meals to over 1,600 homebound seniors, but there is still much work to be done.





BY THE NUMBERS

Our Services

- 🍎 Prepared & delivered over **240,000** meals to **1,628** Ocean County Seniors
- 🍎 Outreach serves over **800** additional seniors of over **40,000** action items
- 🍎 The cost to procure, prepare and deliver each meal rose **28%** since the Covid-19 pandemic to over **\$14** per meal
- 🍎 Our drivers travel around the globe **11** times each year delivering meals

Of the over **2400** Seniors served...

- 🍎 **66%** Live Alone
- 🍎 **50%** over the age of 85
- 🍎 **66%** female
- 🍎 **86%** are frail
- 🍎 **62%** are a high nutritional risk



That's what we call "going the extra mile" for someone you know and love!

FY 2022 Income

Source	Amount	Percentage
Grants	\$3,334,220	89%
Contributions	\$295,390	8%
Other	\$86,855	3%
Total	\$3,716,464	100%

FY 2022 Expense

Destination	Amount	Percentage
Food	\$674,499	18%
Administration	\$219,032	6%
Program Services	\$2,119,351	57%
Other	\$70,352	19%
Total	\$3,716,464	100%

MUNICIPALITY	CLIENTS	MEALS
Barneget Township	85	9,328
Barneget Light Borough	2	138
Bay Head Borough	2	138
Beach Haven Borough	6	482
Beachwood Borough	15	1,016
Berkeley Township	251	33,478
Brick Township	305	35,331
Eagleswood Township	5	693
Island Heights Borough	1	49
Jackson Township	240	12,583
Lacey Township	59	6,697
Lakewood Township	419	23,358
Lavallette Borough	24	2,526
Little Egg Harbor Township	69	8,709
Long Beach Township	17	1,724

MUNICIPALITY	CLIENTS	MEALS
Manchester Township	412	46,147
Mantoloking Borough	2	194
Ocean Gate Borough	1	59
Ocean Township	39	1,491
Pine Beach Borough	5	242
Plumsted Township	19	2,612
Point Pleasant Beach Borough	20	1,508
Point Pleasant Borough	23	1,429
Seaside Heights Borough	17	1,125
Ship Bottom Borough	4	569
South Toms River Borough	4	881
Stafford Township	111	13,232
Surf City Borough	6	471
Toms River Township	189	25,143
Tuckerton Borough	17	1,048

