



Irvine Meals on Wheels At-A-Glance

Irvine Meals on Wheels (MOW) was established in 1980 to provide meals for homebound seniors in Irvine. As part of the Federal Elderly Nutrition Program, meals are prepared daily on–site at the Lakeview Senior Center and delivered by volunteers. Due to increasing need for this vital service and decreases in Federal government funding, there is currently a waiting list of seniors in need of home-delivered meals. Last fiscal year (2012-2013), nearly 55,000 meals were served to more than 150 unduplicated seniors. Over 13,000 meals have been served in the first three months of the current fiscal year (2013-2014).

Irvine Meals on Wheels Services

- Weekly, over 1,000 home delivered meals, including breakfast, lunch and dinner are provided to 100 Irvine homebound senior residents. All meals are "no added sugar", low-sodium and meet the Nutritional Recommended Daily Allowance guidelines for older adults.
- Over 200 in-home safety and nutrition assessments are completed annually.
- 1,100 hours of nutrition counseling is provided to participants annually.
- More than 150 volunteer meal deliverers provide 2,500 service hours annually to support Irvine Meals on Wheels.

Irvine Meals on Wheels Participants

- Over 83% of participants are considered low-income and are living on a fixed income of Social Security or Supplemental Security Income.
- Consistent with Irvine's diverse community, a 28% minority population is being served in the MOW program (Asian 20%; Persian 8%, Hispanic 7%, African American 3%, Other multi-racial 1%).
- 72% of participants are women and participants range in age from 60 to 97 (Age 60-74: 20%; Age 75-84: 39%; Age 85+ 41%).

Irvine Meals on Wheels Budget

- 35% of the program's operating budget is funded by Federal and State Title III (Older Americans Act) programs. Federal and State funding is decreasing as the need for this service is increasing.
- 25% of the program's funding is provided by the City of Irvine.
- 20% of the program budget is provided through in-kind support from volunteers.
- 20% of program funding relies on individual and corporate donations.

Did You Know? As of January 2012, 7.5 million seniors in the U.S. face the threat of hunger.

By 2025, an estimated 9.5 million seniors in the U.S. will experience some form of food insecurity, an increase of 75% over 2005, according to the Meals on Wheels Association of America.

irvineseniors.org

Lakeview Senior Center (LSC)

20 Lake Road, Irvine

For more information: 949-724-6910