

2021 Satisfaction and Outcomes

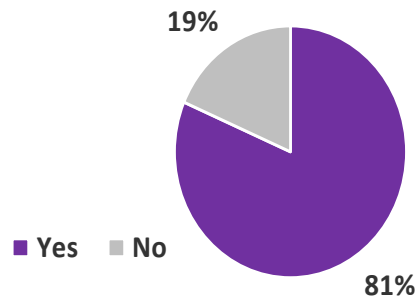
Approximately 6,000 seniors participating in the Nutrition Program responded to a survey assessing the impact and quality of services. Due to the ongoing Covid-19 pandemic, many programs were again unable to collect surveys from congregate meal clients. Meals are provided to seniors aged 60 and over at meal sites or are delivered to those that are homebound. Over 10 million meals were provided to approximately 83,000 seniors in order to improve nutrition and health and reduce hunger and loneliness. These include medically tailored and diverse meal types. Over 7,000 volunteers contribute approximately 45,000 hours yearly. Other nutrition services provided include nutrition education and individual Medical Nutrition Therapy.

Promotes Independence

- Eighty one percent of home delivered meal recipients reported that the meals help them to live independently.
- Approximately 80% of homebound respondents receive 5 or more meals per week with 20% receiving a meal in addition to the lunch meals, such as breakfast, supper or weekend meals.
- Sixty-one of the participants who completed surveys were 100 years old or older.

“How have the meals helped.... Better control my diet, make sure I eat, lets me know I am not alone, makes life easier, keeps me on target, and maintains my weight. The variety of vegetables is good. The meals help me to understand of how to control the salt intake in foods.” SeniorCare Client

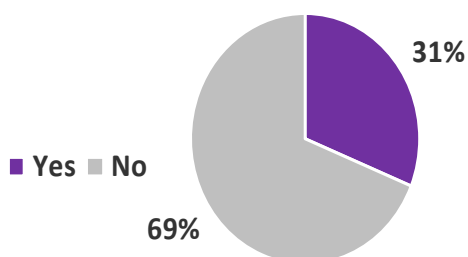
Meals Allow Client to Live Independently
(N=4,874)



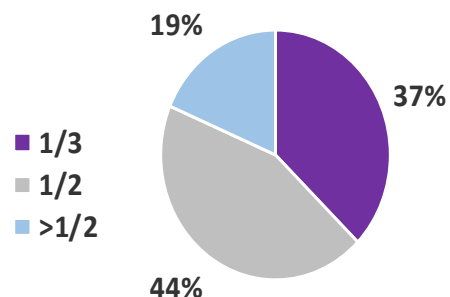
Promotes Food Security

Over 1/3 (31%) of home delivered meal respondents reported they would have a shortage of food in the house if it were not for the program. Approximately 63% said the meal contributes to half or more of their total daily intake

Shortage of Household Food if No Meal
(N=5,505)

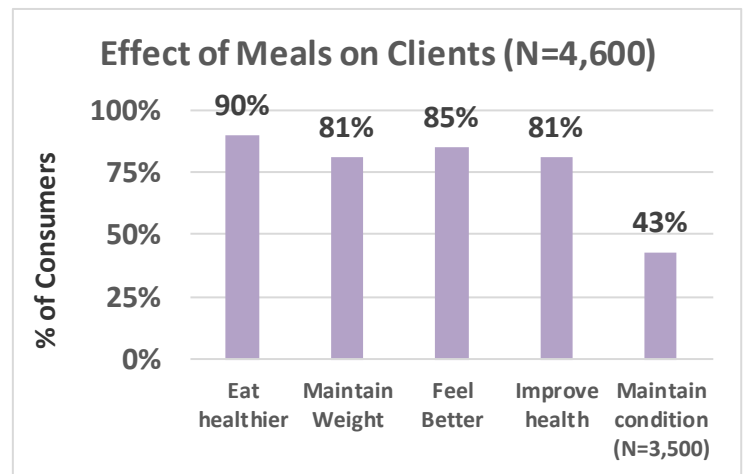
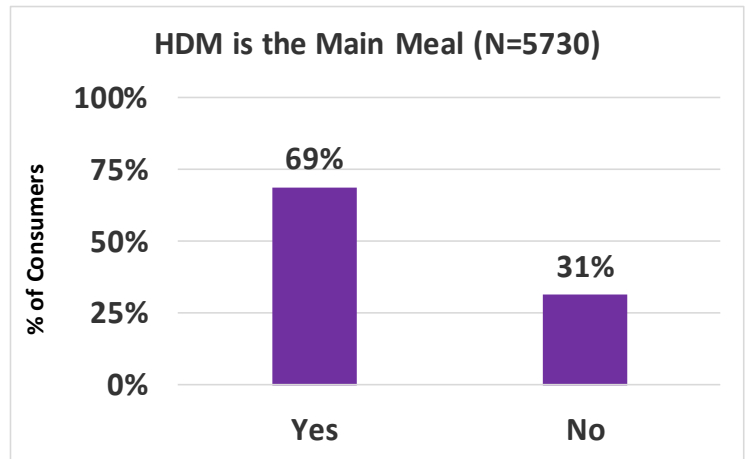


Meal Contribution to Daily Intake
(N=5,540)



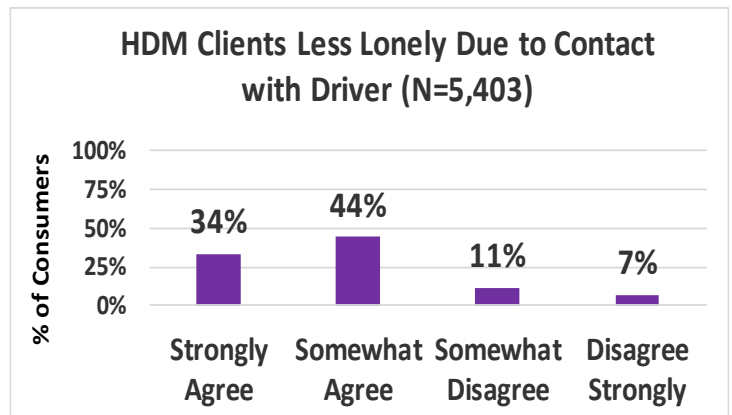
Promotes Nutritional Health and Wellness

- Sixty nine percent of home delivered meal respondents reported it is their main meal of the day.
- While all meals meet nutrition standards (1/3 DRI, protein, sodium, vitamins A & C, etc.), 96% of the programs also offer medically tailored meals (e.g. cardiac, renal, diabetic).
- Home delivered meal recipients report that the meals help them to:
 - Maintain medical condition(s) (43%)
 - Manage blood pressure (45%)
 - Manage blood sugar (43%)
 - Feel better (85%)
 - Eat healthier (90%)
 - Maintain weight (81%)
 - Improve health (81%)



Safety Check and Socialization

- More than 1/3 (39%) of home delivered recipients live alone with no one to check on them.
- Home delivered meal recipients (78%) are less lonely because of the program.



Satisfaction with Services

- Ninety one percent would recommend the program to a friend.
- Approximately 77% of those surveyed rated the meal quality as excellent or good.
- Approximately 77% rated highest satisfaction with the variety, taste, appearance, and how the meals were cooked.