

WCOA's Meals on Wheels Program

Program Overview



*Serving Whatcom &
San Juan Counties*



WCOA's Meals on Wheels Program

Program Partners



WCOA – Responsible for overall program administration including staffing the kitchens, menu planning, ordering food and inventory, as well as tracking and reporting to meet federal funding guidelines.

Whatcom & San Juan Counties – We collaborate with both counties to offer our Senior Community Meals & Meals on Wheels programming not just in major cities, but also in remote areas as well

Northwest Regional Council – NWRC is the Area Agency on Aging for the northwest region of Washington State. NWRC administers the contracts for OAA, NSIP, and Washington State Senior Nutrition Program funding for Island, Skagit, San Juan, and Whatcom Counties.

WCOA's Meals on Wheels Program

Program Goals



- **Reducing hunger and food insecurity among older individuals.**
- **Promoting socialization of older individuals.**
- **Promoting health and well-being of older individuals.**
- **Delaying the onset of adverse health conditions for older individuals.**

WCOA's Meals on Wheels Program

Senior Community Meals



- Senior Community Meals brings seniors together at the Bellingham, Blaine and Ferndale Senior Centers five days per week.
- We also serve meals out of Point Roberts, Sumas, Everson, Lopez Island, Orcas Island and San Juan Island two to three days per week.
- The meals provide not only a nutritious lunch, but also an opportunity for seniors to socialize with and check up on each other.
- Participation also connects seniors with other services provided by their host senior center.
- The community meals are wonderful volunteer opportunities to help prepare, set up and serve meals.



WCOA's Meals on Wheels Program

Home Delivered Meals



- Home delivered, “Meals on Wheels” provide nutritionally balanced meals and a friendly visit to 600+ of Whatcom & San Juan County’s most vulnerable seniors.
- Meals on Wheels drivers are often the first to recognize a potentially dangerous change in a senior’s appearance or behavior.
- We rely on a strong volunteer team to assist with delivering home delivered meals.
- Senior Community and Home Delivered Meals are offered on a donation-only basis to eligible participants.



WCOA's Meals on Wheels Program

Eligibility Criteria



Eligibility Criteria for Senior Community Meals includes:

- Age 60 and over (55+ for Native Americans);

Eligibility Criteria for Home-Delivered Meals includes:

- Age 60 and over (55 for Native Americans); AND
- Homebound; AND
- Unable to prepare meals for themselves; AND
- Unable to perform one or more Activities of Daily Living (ADL's); AND
- Lacks an informal support system, or the support needs to be supplemented.
- There is no income requirement, but we target seniors with the greatest economic, physical, and social needs.

WCOA's Meals on Wheels Program

Eligibility Criteria

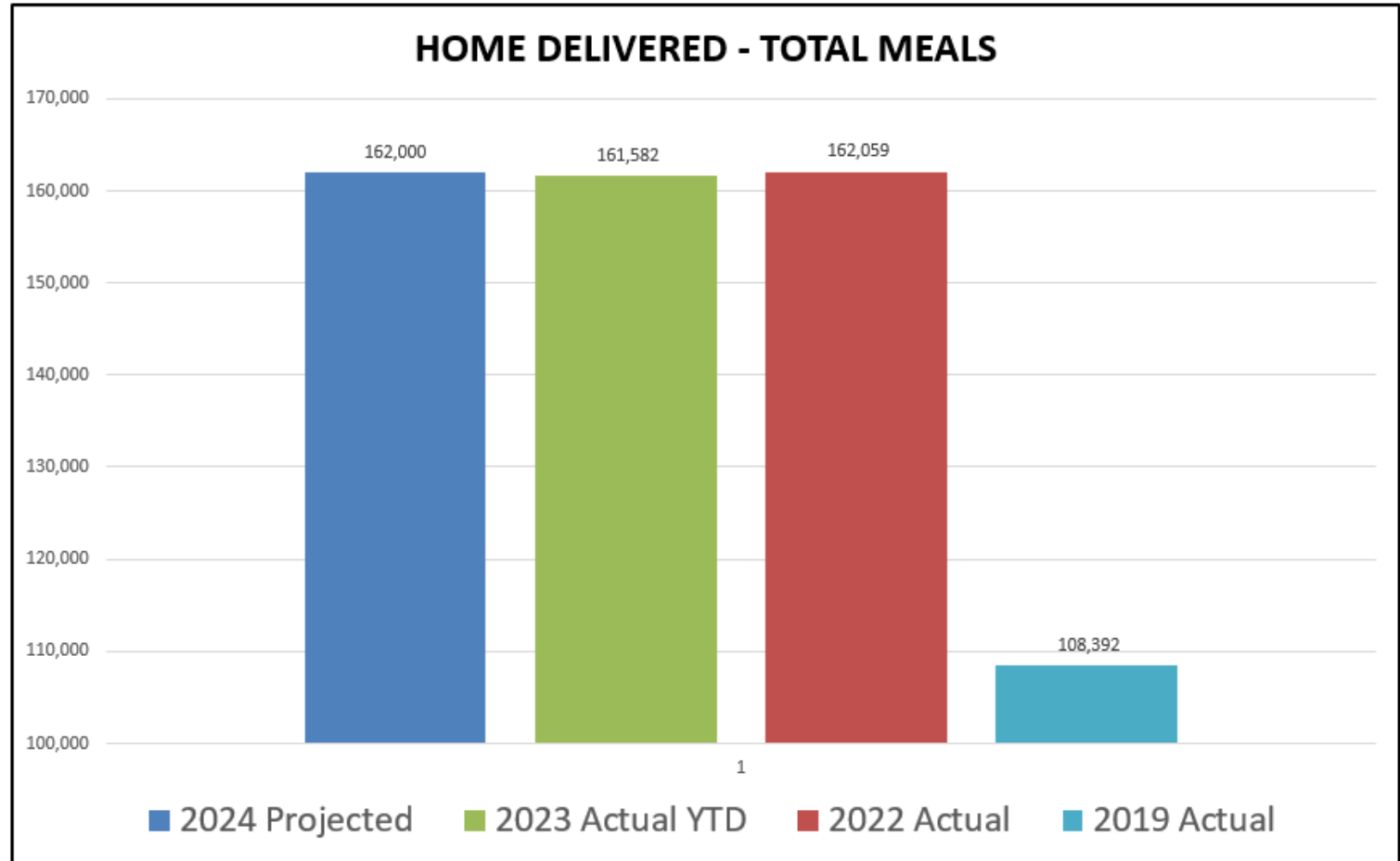


Other people who are eligible for a donation-based meal include:

- Spouse or domestic partner of an eligible senior.
- Disabled dependent of an eligible senior.
- An eligible participant's unpaid caregiver.
- Program volunteers of any age.

WCOA's Meals on Wheels Program

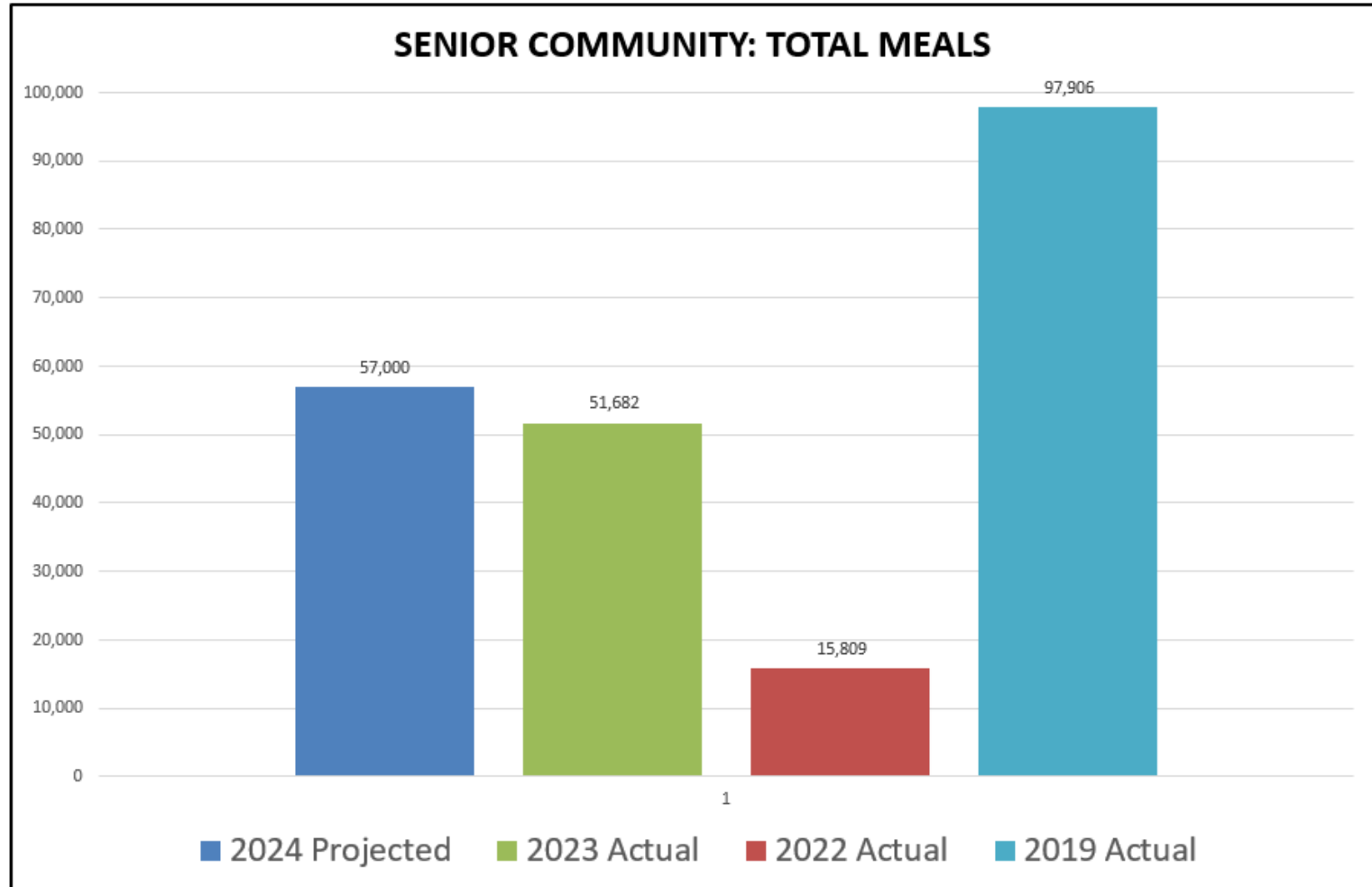
Home Delivered Growth!



* In 2024 we served 165,458 total Home Delivered meals.

WCOA's Meals on Wheels Program

Senior Community
Meals Rebuild



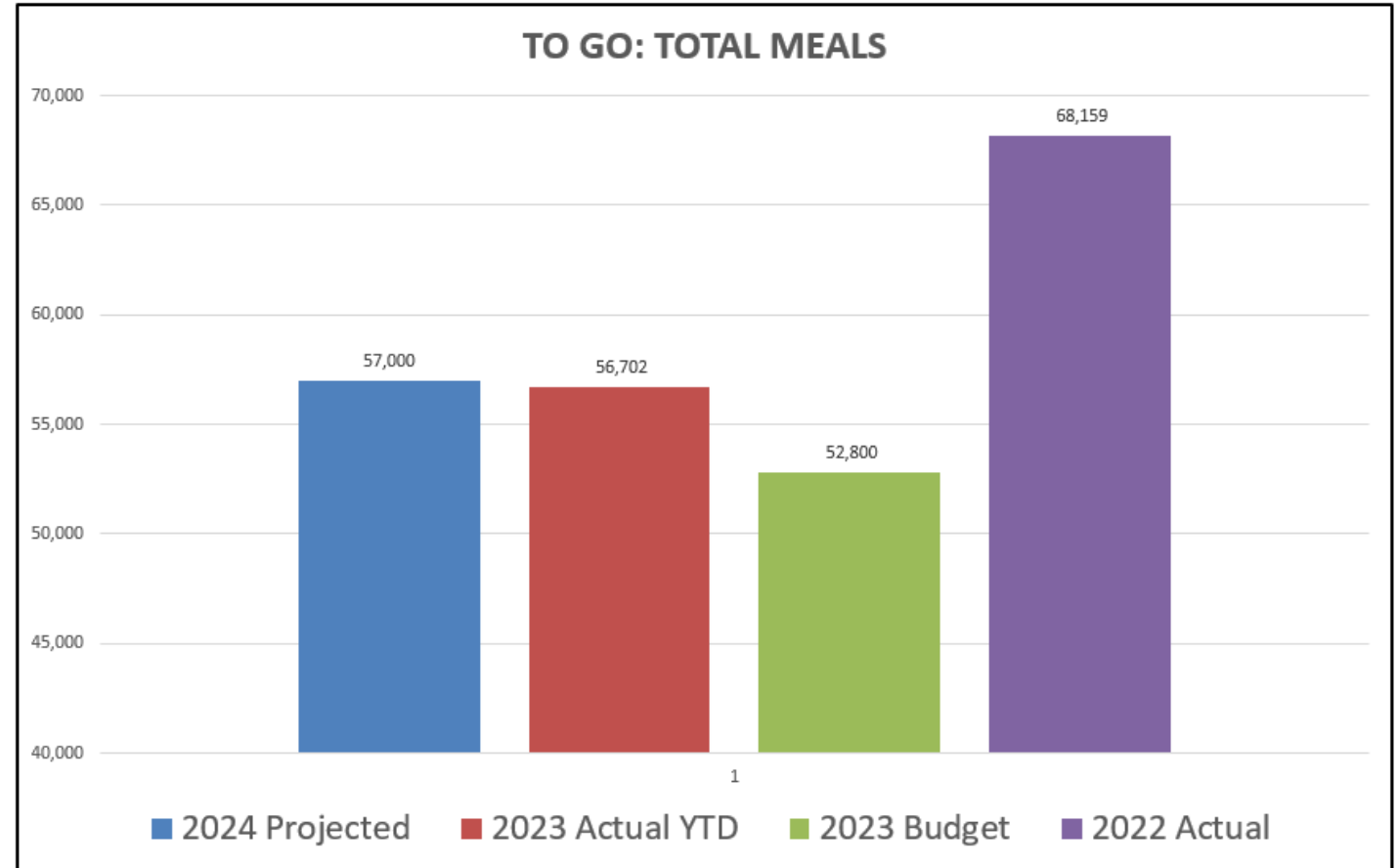
* In 2024 we served 67,229 total Senior Community Meals.

WCOA's Meals on Wheels Program

To Go Meals



- During the pandemic we transitioned many of our community meal participants to a weekly pick up of frozen meals.
- In 2025 we are eliminating weekly pick up of frozen meals and daily to-go meals due to funding challenges.



WCOA's Meals on Wheels Program

Participation Numbers



2024 SENIOR COMMUNITY MEAL TOTALS

Senior Center	Meals Served
Bellingham	32,492
Whatcom Co.	18,037
San Juan Co.	15,158

WCOA's Meals on Wheels Program

Funding Sources



2024 FUNDING SOURCES

Source	Amount	Percentage
Government Contracts	\$1,158,500	46%
Fund-Raising	\$ 589,898	23%
Client Contributions	\$435,000	17%
Foundations & Grants	\$361,520	14%
TOTAL	\$2,544,918	100%

*Average client contribution per meal is \$1.56

WCOA's Meals on Wheels Program

Testimonials



Testimonies from MOW Participants

- “Eating these meals has helped my overall functioning; I had no idea how powerful real food was until I had your meals”
- “ I never expected the meals to be so important-but I never expected to become so frail. For people who do become sick or frail, they are life
- “The MOW program gifted my father 2 ½ extra years of living in his own home that would not have been possible otherwise. We greatly appreciate the kindness, human interaction, and practical assistance that MOW provided”



Meals on Wheels and More
Serving Whatcom and San Juan Counties



Bellingham
At Home



**Bellingham
Senior
Activity
Center**

Connect with life!



WCOA's Meals on Wheels Program

Questions?



- Thank you for the invitation to present today and for all your work in our community.
- We welcome any questions or comments you might have about the program, our partnership, and the seniors we serve.

