



PRESS RELEASE

Contact: Zoë Broussard
zbroussard@mowdr.org
(925) 482-2624

International Day of Charity: Skip a Meal to Give a Meal

(September 5, 2023 – Contra Costa County) Today, as the world commemorates the International Day of Charity, Meals on Wheels Diablo Region is proud to announce the launch of its innovative "Skip a Meal to Give a Meal" initiative. In the spirit of this global day of giving, we invite our local community to join us in making a meaningful difference in the lives of our senior neighbors struggling with hunger.

The "Skip a Meal to Give a Meal" initiative challenges individuals to forgo their usual lunch or dinner and, instead, donate the equivalent cost of that meal to support our mission of alleviating senior hunger in Contra Costa County. This heartfelt gesture provides essential nourishment and support to the older adults who rely on us for their daily sustenance.

Every day, countless seniors in our community face the harsh reality of food insecurity. Often referred to as the "hidden hungry," our elderly neighbors of ours are homebound, frail, and isolated, with limited access to nutritious meals. Meals on Wheels Diablo Region has been their lifeline since 1968, serving meals and wrap-around services that support the whole senior.

The impact of Meals on Wheels Diablo Region extends beyond meal delivery. In the previous year, the organization has achieved remarkable milestones:

- Delivered 693,815 nutritious meals
- Made 12,674 Friendly Calls to isolated seniors
- Distributed 5,057 Grocery Bags through a partnership with the Food Bank of Contra Costa & Solano
- Completed 973 Friendly Visits to combat isolation
- Served 529 Breakfast Bags to food-insecure seniors
- Assisted 463 elders with errands
- Modified 306 homes for seniors' safety and fall prevention
- Made over 98 elder abuse interventions

As we celebrate the International Day of Charity, we invite you to support food-insecure seniors. By participating in our "Skip a Meal to Give a Meal" initiative, you directly contribute to our ongoing efforts to keep seniors healthy, safe, and independent.

To skip a meal and donate, please visit: <https://donate.mowdr.org/give/511397/#!/donation/checkout>.

To learn more about how to get involved with the organization, visit: www.mowdiablregion.org.

About Meals on Wheels Diablo Region: *Helping over 7,500 seniors each year, our mission is to enhance the lives of older adults in Contra Costa County by providing coordinated care that enables them to live independently and with dignity. Our dedicated staff of experts connects seniors with essential services in Contra Costa County. We work to keep our elderly neighbors nourished, healthy, safe, and independent because we provide more than a meal. [Learn more about our work here.](#) As our list of seniors in need grows, so does our need for more volunteers. Help us support more seniors in the county! If you would like to get involved, [click here to learn how on our website.](#) We have several open positions for employment, [click here to join the team.](#) Stay in the loop with our updates and announcements, [click here to view our link tree!](#)*

Meals on Wheels Diablo Region is an independent non-profit and the only meals on wheels in the county to deliver both meals and life-improving services that include, Fall Prevention, Care Management, Health & Wellness, Friendly Visitors, and Friendly Callers.